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Yowza Technical Support

877-969-9240

Enter Serial Number: _____

Enter Original Sales Order # _____

Purchase Date: _____

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 330lbs/150kg, it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

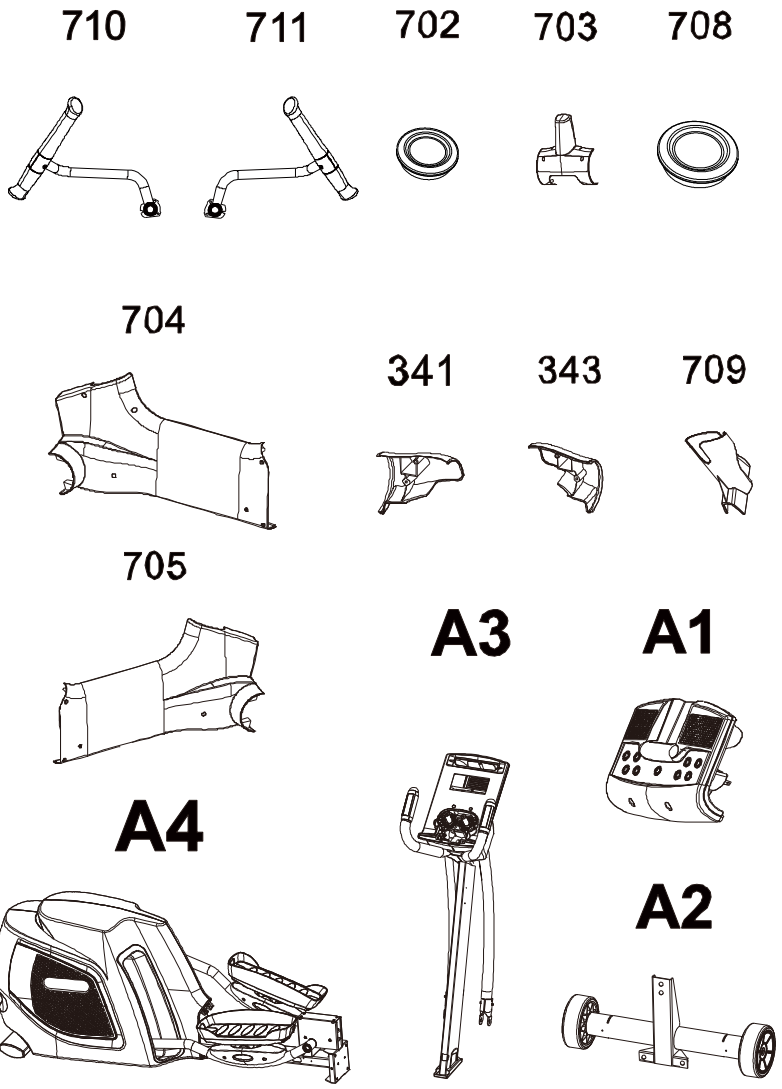
Product-Scope: This product is made for home use only and tested up to a maximum body weight of 330lbs/150 kg.
Product-Performance: This Ergometer is speed independent, i.e. the performance is independent from pedal frequency.
Product-Feature: The resistance can be changed by the computer.

- Use-Scope: The exerciser may not be used by persons with a weight of over 330lbs/150 kg.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of input 100V – 240V / 50-60Hz. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

This list identifies the major components, which will use to assemble this product.

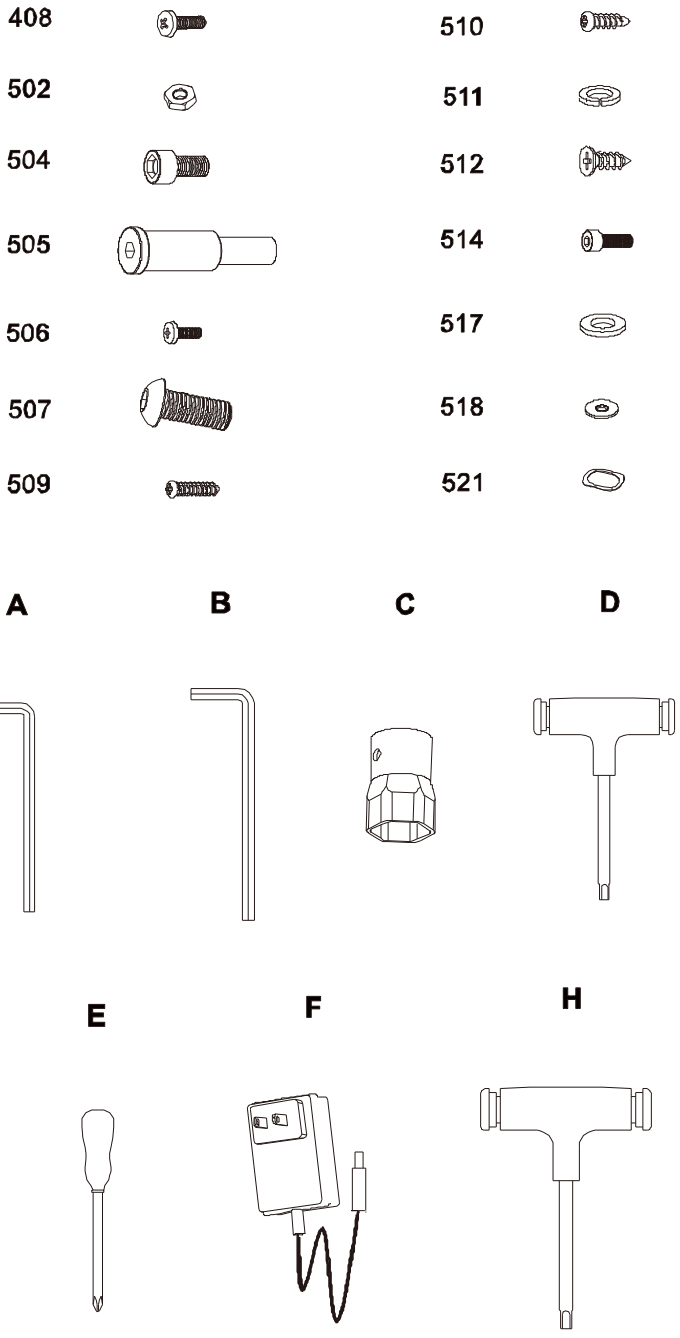
No.	Description	Qty.
341	Base Frame Cover #1	1
343	Base Frame Cover #2	1
702	Pedal Arm Front Pivot Cover 38mm	2
703	Base Frame Front Cover	1
704	Undercarriage Cover – Left	1
705	Undercarriage Cover – Right	1
708	Pedal Arm Front Pivot Cover 42mm	2
709	Water Bottle Holder	1
710	Moving Handlebar Assembly-Left	1
711	Moving Handlebar Assembly-Right	1
A1	Button Control Panel Assembly	1
A2	Base Frame Assembly	1
A3	Console Assembly	1
A4	Main Frame Assembly	1

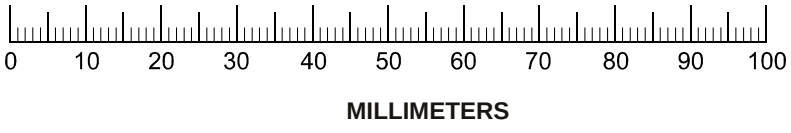


SUPPLIED HARDWARE

This list identifies will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
408	4x15mm Screw – Cone Point	4
502	M14 Nut	2
504	M8x16mm Allen Head CAP Bolt	4
505	20x78–M14x35mm Bolt	2
506	4x12mm Screw – Flat Point	4
507	M10x20mm Allen Head Bolt	4
509	4x19mm Screw	3
510	4.5x15mm Screw	6
511	10x16x2mm Spring Washer	4
512	4x12mm Screw	2
514	6X20 Allen Head Bolt	6
517	10x18xT2.0mm Washer	4
518	4x12x1mm Washer	1
521	20.7X29.1X0.3 Wave Washer	2
A	6mm Allen Key – L	1
B	8mm Allen Key– L	1
C	Spanner	1
D	5mm T-Type Allen Key	1
E	Screwdriver	1
F	Adaptor	1
H	6mm T-Type Allen Key	1





PART LIST

Item No.	Description	Qty.	Part No.
POMPANO-100			
101	Console Support Tube	1	POMPANO-101
102	Moving Handlebar – Left	1	POMPANO-102
103	Moving Handlebar – Right	1	POMPANO-103
106	Pedal Arm – Left	1	POMPANO-106
107	Pedal Arm – Right	1	POMPANO-107
109	Base Frame	1	POMPANO-109
112	Main Frame	1	POMPANO-112
115	Tension Wheel Bracket	1	POMPANO-115
116	Pedal Support Base	2	POMPANO-116
117	Pedal Buffer Set	2	POMPANO-117
118	Action Arm – Left	1	POMPANO-118
119	Action Arm – Right	1	POMPANO-119
120	Cover Support Tube	1	POMPANO-120
121	Magnet Bracket	1	POMPANO-121
122	Resistant Motor Bracket	1	POMPANO-122
POMPANO-200			
212	Bearing 608zz	8	POMPANO-212
214	Bearing 6804	4	POMPANO-214
215	Bearing 2203	2	POMPANO-215
216	Pedal Fixing Base	2	POMPANO-216
219	Bushing 16x22.2x10.7mm	4	POMPANO-219
221	Flywheel Pivot	1	POMPANO-221
222	Bearing 6003	2	POMPANO-222
223	Aluminum Disk	1	POMPANO-223
224	Flywheel	1	POMPANO-224
225	Bearing 6300	2	POMPANO-225
226	Crank	2	POMPANO-226
227	Crank Disk	1	POMPANO-227
228	Crank Disk Oval Cap	1	POMPANO-228
229	Crank Pivot Bushing	2	POMPANO-229
230	Bearing 6005	2	POMPANO-230
231	Crank Disk Pivot	1	POMPANO-231
232	Bearing Holder	1	POMPANO-232
233	Belt	1	POMPANO-233
234	Level Adjuster	2	POMPANO-234
235	Magnet	2	POMPANO-235
236	Speed Sensor Base	1	POMPANO-236
237	Compression Spring	1	POMPANO-237
238	10x94 – M12x22mm Bolt	1	POMPANO-238
240	Motor Shaft	1	POMPANO-240
241	Bearing 6904	8	POMPANO-241
244	Pedal Buffer Fixed Plate	2	POMPANO-244
246	Button Overlay	1	POMPANO-246
247	Console Overlay	1	POMPANO-247

PART LIST

Item No.	Description	Qty.	Part No.
POMPANO-300			
301	Fixed Handlebar End Cap	2	POMPANO-301
302	Hand Pulse Sensor Cover – Bottom	2	POMPANO-302
303	Hand Pulse Sensor Cover –Top	2	POMPANO-303
304	Button Plate Cover – Top	1	POMPANO-304
305	Button Plate Cover – Bottom	1	POMPANO-305
306	Console Cover - Left	2	POMPANO-306
307	Console Cover - Right	1	POMPANO-307
308	Fan Cover	1	POMPANO-308
309	iPod Dock Bracket Holder	2	POMPANO-309
310	Console Cover - Top	1	POMPANO-310
312	Action Arm Drive Gear	2	POMPANO-312
313	Moving Handlebar Drive Gear	2	POMPANO-313
314	Adjustable Vane	1	POMPANO-314
319	Switch Plate	1	POMPANO-319
320	Pedal Soft Cushion	2	POMPANO-320
321	Left Pedal	1	POMPANO-321
322	Fan Bracket – Top	1	POMPANO-322
323	Fan Bracket – Bottom	1	POMPANO-323
324	Pedal Buffer Cover	4	POMPANO-324
325	Vent Cover – Rear	1	POMPANO-325
326	Rear Shroud Inlet – Left	1	POMPANO-326
327	Rear Shroud Inlet – Right	1	POMPANO-327
328	Lift Handlebar End Cap	2	POMPANO-328
331	Wheel Cap 112x41.5mm	2	POMPANO-331
332	Wheel Cap 46x12mm	2	POMPANO-332
333	Wheel 140x51.86mm	2	POMPANO-333
334	Bearing Bracket	2	POMPANO-334
336	Oval Tube Cap	2	POMPANO-336
337	Vent Cover – Left	1	POMPANO-337
338	Rear Shroud – Left	1	POMPANO-338
339	Rear Shroud – Right	1	POMPANO-339
340	Vent Cover –Right	1	POMPANO-340
341	Base Frame Cover #1	2	POMPANO-341
343	Base Frame Cover #2	2	POMPANO-343
345	ID20 x OD32 x L7.2mm Bushing	2	POMPANO-345
346	iPod Dock Bracket Cover – Top	1	POMPANO-346
347	iPod Dock Bracket Cover – Bottom	1	POMPANO-347
348	Handlebar Grip Foam	2	POMPANO-348
349	Right Pedal	1	POMPANO-349
350	PC Board Frame	1	POMPANO-350
351	iPod Bracket Cushion	1	POMPANO-351
359	Pedal Rear Cushion	2	POMPANO-359
360	End of Handlebar Cap	2	POMPANO-360
POMPANO-400			
401	8X27X2mm Washer	4	POMPANO-401

PART LIST

Item No.	Description	Qty.	Part No.
402	3x12mm Screw – Cone Point	4	POMPANO-402
403	Taper Fixing Insert	32	POMPANO-403
405	8x14xT2.0mm Spring Washer	4	POMPANO-405
406	M12 Nylon Nut	1	POMPANO-406
408	4x15mm Screw – Cone Point	4	POMPANO-408
410	M8x20mm Screw	2	POMPANO-410
411	4x12mm Screw – Cone Point	46	POMPANO-411
414	M6x12mm Allen Head Bolt	10	POMPANO-414
415	M8x20mm Allen Head Bolt	5	POMPANO-415
416	M8x15mm Allen Head Bolt	12	POMPANO-416
417	M8 Nylon Nut	10	POMPANO-417
419	Bushing 12x60mm	4	POMPANO-419
420	M8x90mm Allen Head Bolt	4	POMPANO-420
423	4.5x15mm Screw	6	POMPANO-423
424	M6x12mm Allen Head CAP Bolt	3	POMPANO-424
425	6x10x1mm Spring Washer	11	POMPANO-425
426	20x6x1.5mm Washer	3	POMPANO-426
427	M42 C Clip	2	POMPANO-427
428	M8x16mm Bolt	8	POMPANO-428
429	M10x20mm Bolt	2	POMPANO-429
430	10x16x2mm Spring Washer	2	POMPANO-430
432	M4 Nylon Nut	2	POMPANO-432
433	M10 Nylon Nut	1	POMPANO-433
434	8x27x1mm Plastic Washer	2	POMPANO-434
435	16x25xT3.0 Washer	4	POMPANO-435
437	M6x12mm Screw	6	POMPANO-437
438	17x22xT1.5mm Plastic Washer	3	POMPANO-438
440	32x6x2.0 Washer	1	POMPANO-440
441	10X20X5mm Washer	2	POMPANO-441
442	M10x45mm Bolt	1	POMPANO-442
433	5X10mm Screw	1	POMPANO-433
445	Pedal Arm Pivot	2	POMPANO-445
446	3/4” Nut	2	POMPANO-446
447	M8x30mm Allen Head CAP Bolt	2	POMPANO-447
448	M4x15mm Screw	2	POMPANO-448
449	4x45mm Screw	2	POMPANO-449
451	M4x45x45mm Allen Head CAP Bolt	1	POMPANO-451
452	M5x8mm Allen Head Bolt	2	POMPANO-452
453	M6x40x18mm Bolt	1	POMPANO-453
455	10x18x3mm Washer	1	POMPANO-455
456	M3x8mm Screw	4	POMPANO-456
457	U Type Iron Screw Plate	12	POMPANO-457
459	M8x45mm Bolt	3	POMPANO-459
461	M6 Nylon Nut	1	POMPANO-461
462	20X27X2mm Washer	4	POMPANO-462
463	C Type Clasp	2	POMPANO-463
464	5/16X32 Allen Head Bolt	4	POMPANO-464
465	6X14.5–M5x6.5mm Bolt	2	POMPANO-465

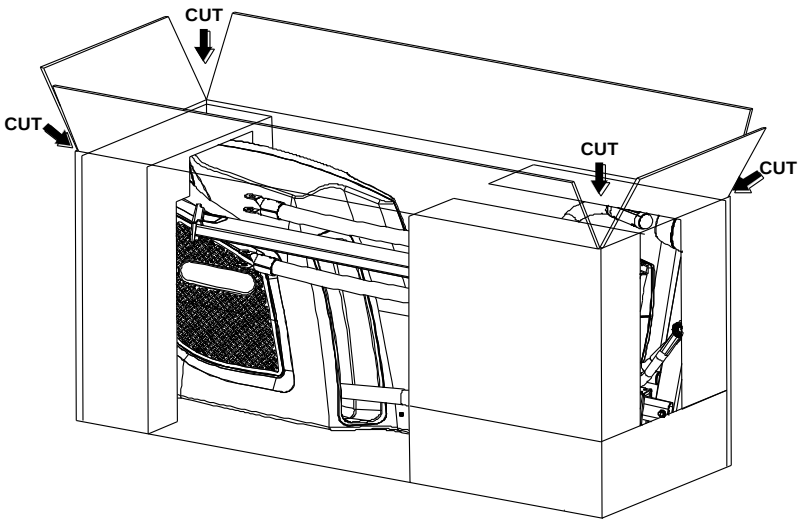
PART LIST

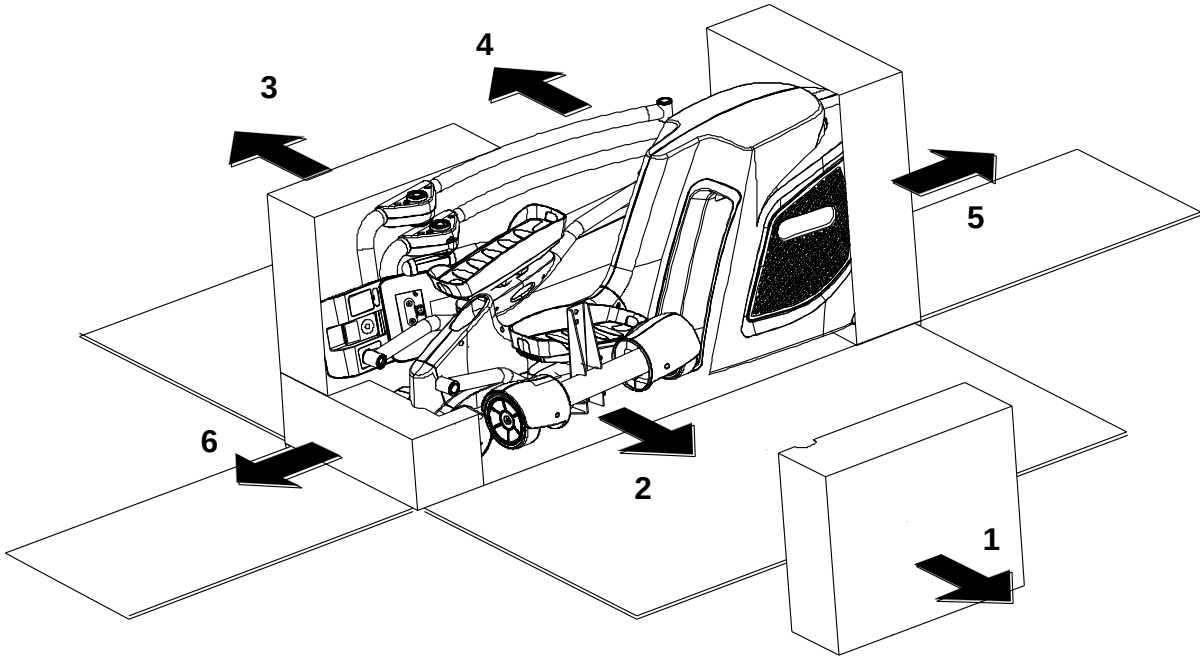
Item No.	Description	Qty.	Part No.
466	4X8mm Screw – Cone Point	4	POMPANO-466
467	3X10mm Screw	6	POMPANO-467
468	N5 Nut	4	POMPANO-468
470	6x8x8mm Rubber Washer	2	POMPANO-470
471	M5x50mm Bolt	3	POMPANO-471
472	4X15mm Screw	8	POMPANO-472
473	2X10mm Screw – Flat Point	2	POMPANO-473
474	4X12mm Screw – Flat Point	9	POMPANO-474
475	5X10mm Screw – Flat Point	2	POMPANO-475
476	3X10mm Screw – Flat Point	10	POMPANO-476
477	5X10mm Allen Head Bolt	4	POMPANO-477
478	5X5mm Bolt	1	POMPANO-478
479	M3X6X2.4 Nut	2	POMPANO-479
480	3X5X1mm Spring Washer	4	POMPANO-480
481	17.2x22x1mm Washer	2	POMPANO-481
482	M6x20mm Screw	2	POMPANO-482
483	6x13x1.5mm Washer	15	POMPANO-483
484	8x18x2mm Washer	2	POMPANO-484
485	U Type Iron Screw Plate (5X16.5X11mm)	6	POMPANO-485
486	5/16 Nylon Nut	4	POMPANO-486
487	10X23X2mm Washer	1	POMPANO-487
489	M8X16 Allen Head Bolt	8	POMPANO-489
490	M6X30X30 Allen Head Bolt	2	POMPANO-490
POMPANO-500			
501	4x12mm Screw – Cone Point	5	POMPANO-501
502	M14 Nut	2	POMPANO-502
503	20.7x29.1x0.3mm Wave Washer	2	POMPANO-503
504	M8x16mm Allen Head CAP Bolt	4	POMPANO-504
505	20x78–M14x35mm Bolt	2	POMPANO-505
506	4x12mm Screw – Flat Point	4	POMPANO-506
507	M10x20mm Allen Head Bolt	4	POMPANO-507
509	4x19mm Screw	3	POMPANO-509
510	4.5x15mm Screw	8	POMPANO-510
511	10x16x2mm Spring Washer	4	POMPANO-511
512	4x12mm Screw	2	POMPANO-512
513	8x27xT2.0mm Washer	2	POMPANO-513
514	6X20 Allen Head Bolt	6	POMPANO-514
515	M8x20mm Allen Head Bolt	2	POMPANO-515
517	10x18xT2.0mm Washer	4	POMPANO-517
518	4x12x1mm Washer	1	POMPANO-518
519	8X27X1 Plastic Washer	2	POMPANO-519
521	20.7X29.1X0.3 Wave Washer	4	POMPANO-521
POMPANO-600			
601	8Pin Power Wire-Upper	1	POMPANO-601
602	8Pin Power Wire-Lower	1	POMPANO-602
607	Hand Pulse Sensor Wire	2	POMPANO-607

PART LIST

Item No.	Description	Qty.	Part No.
610	PC Board	1	POMPANO-610
612	Wireless Receiver Wire	1	POMPANO-612
613	Button Panel	1	POMPANO-613
614	Fan	1	POMPANO-614
615	Receiver	1	POMPANO-615
617	Speed Sensor	1	POMPANO-617
618	Motor	1	POMPANO-618
619	DC Power Wire	1	POMPANO-619
620	Limit Position PC Board Wire	1	POMPANO-620
624	Magnetic Sensor	1	POMPANO-624
629	6Pin iPod dock Connection Wire	1	POMPANO-629
630	Button Board Connection Wire – Upper	1	POMPANO-630
631	Button Board Connection Wire – Lower	1	POMPANO-631
632	iPod dock	1	POMPANO-632
633	Speaker	2	POMPANO-633
634	Amplifier PC Board	1	POMPANO-634
POMPANO-700			
702	Pedal Arm Front Pivot Cover – 38mm	2	POMPANO-702
703	Base Frame Front Cover	1	POMPANO-703
704	Undercarriage Cover – Left	1	POMPANO-704
705	Undercarriage Cover – Right	1	POMPANO-705
706	Nylon Bushing	2	POMPANO-706
708	Pedal Arm Front Pivot Cover – 42mm	2	POMPANO-708
709	Water Bottle Holder	1	POMPANO-709
710	Moving Handlebar Assembly – Left	1	POMPANO-710
711	Moving Handlebar Assembly – Right	1	POMPANO-711

ASSEMBLY





(A) Remove your Crosstrainer from the carton and place it on the floor in an open area.

(B) Remove the Crosstrainer and all the components and hardware from the box.

(C) Check the quantities of all components and hardware with the component and hardware lists on pages 4-5.

(D) **CAREFULLY separate by part number as many pieces are similar in size and shape. This is the most important step!**

(D) After verifying inventory, if there is any missing parts please contact Yowza fitness at 877-969-9240**.**

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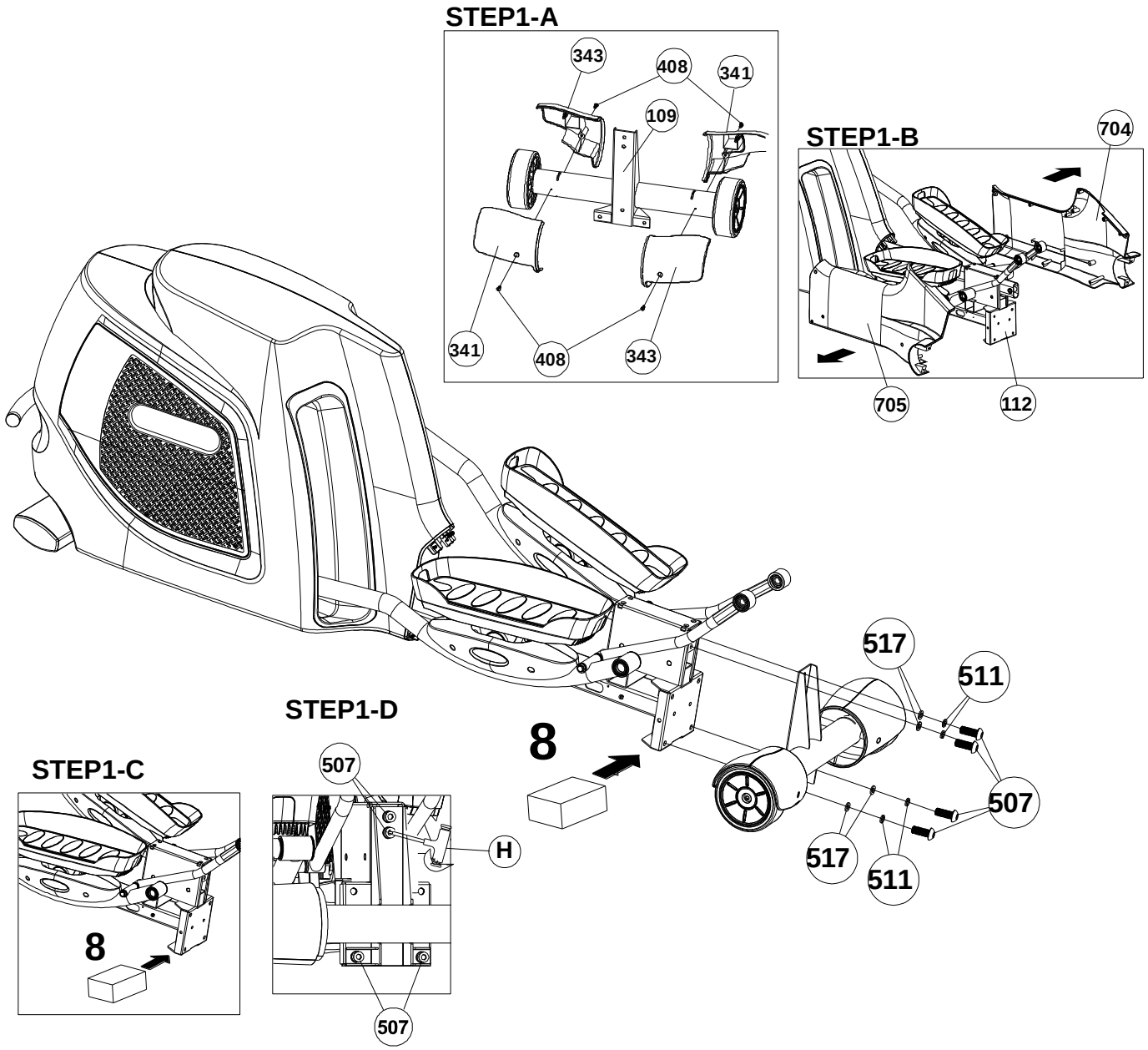
STEP1 ASSEMBLY

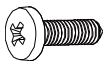
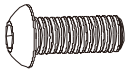


STEP1-A).
Assemblies the Base Frame Lower Cover (341, 343) to the base frames, and fastens 4x15mm Screw – Cone Point (408).

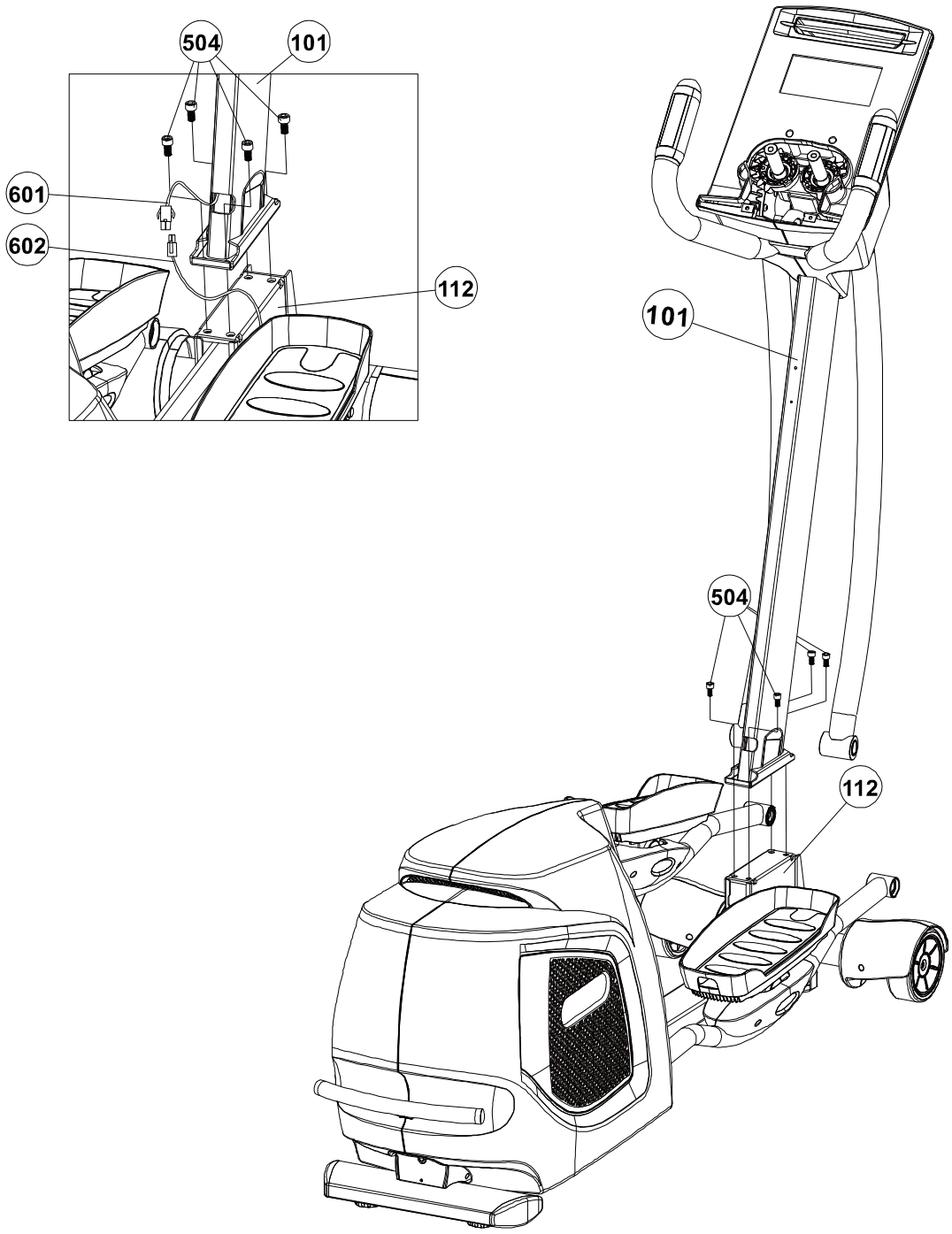
STEP1-B).
Remove the Undercarriage Cover (704, 705).

STEP1-C).
Place Styrofoam block (8) under Main Frame to provide clearance to sustain the Main Frame (112) during assembly of Base Frame (109).

STEP1-D).
Join the Base Frame to the Main Frame with M10x20mm Allen Head Bolt (507) ,10x16x2mm Spring Washer (511), 10x18xT2.0mm Washer (517), and fully tighten the bolt by 6mm T-Type Allen Key (H).

408	X4	
507	X4	
511	X4	
517	X4	

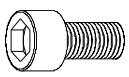
STEP2 ASSEMBLY



STEP2-A).
Firstly, please connect the 8Pin Power Wire-Upper (601) to 8Pin Power Wire-Lower (602).

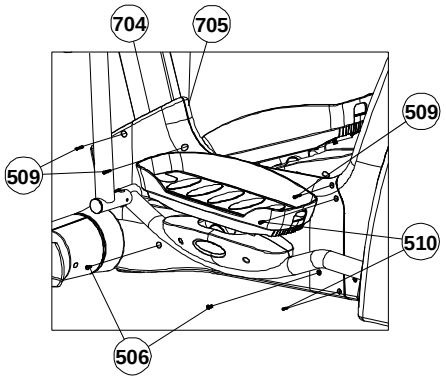
PLEASE PAY ATTENTION OF THE HARNESS, AND DON'T PLUG BACKWARD.

STEP2-B).
Join the Console Assembly and Main Frame with M8x16mm Allen Head CAP Bolt (504) by 8mm Allen Key (B).

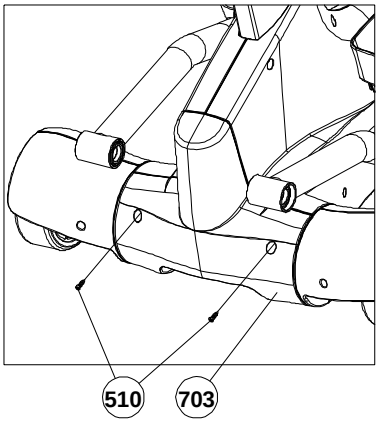
504	**X4**	

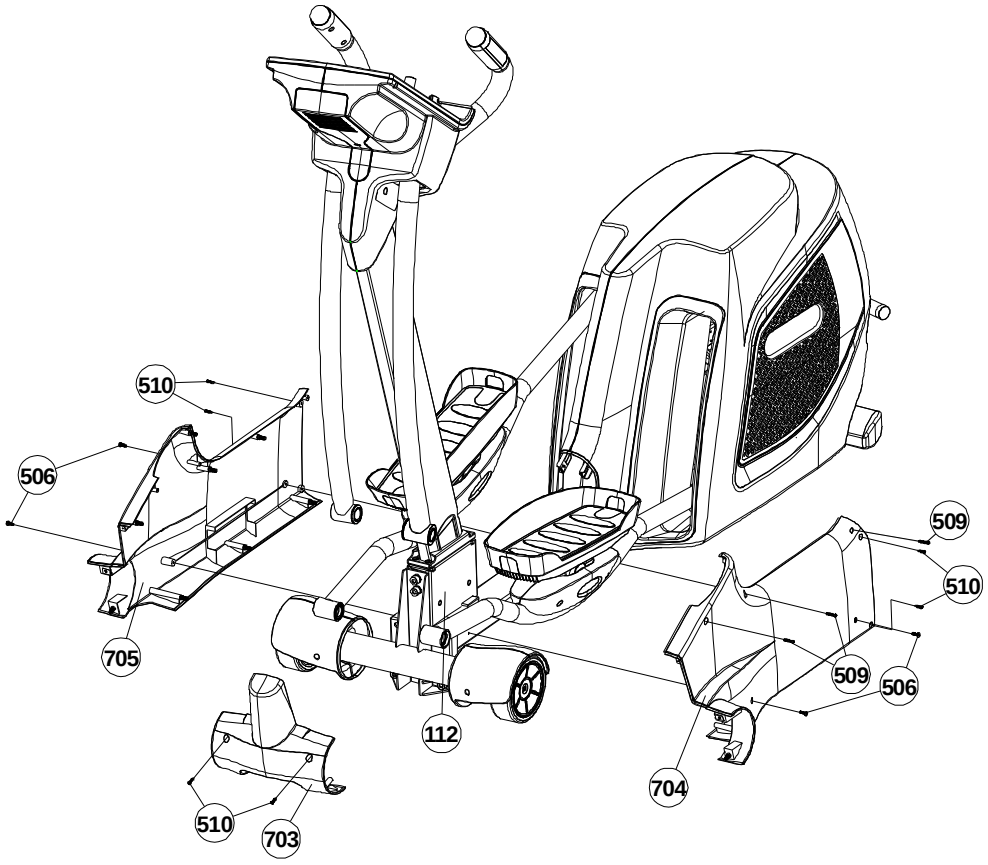
STEP3 ASSEMBLY

STEP3-A



STEP3-B

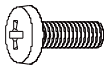
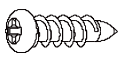




STEP3-A).
Cover the Main Frame with Undercarriage Covers (704, 705), and fasten the 4x12mm Screw – Flat Point (506), 4x19mm Screw (509), 4.5x15mm Screw (510).

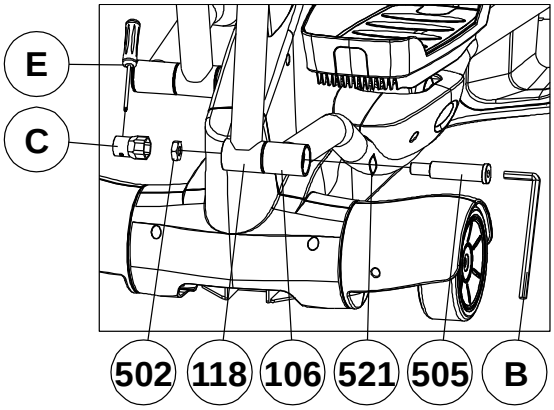
STEP3-B).
Attach the Incline Frame Front Cover (703) to the Incline Frame, and please fasten it by two 4.5 x 15mm Screws (510).

PLEASE NOTE WITH THOSE THREE DIFFERENT SHAPE OF SCREW, OR IT MAY EASY TO BROKEN THREAD BY WRONG USED.

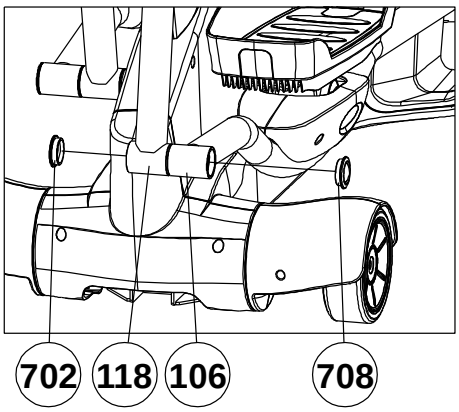
506	**X4**	
509	**X3**	
510	**X6**	

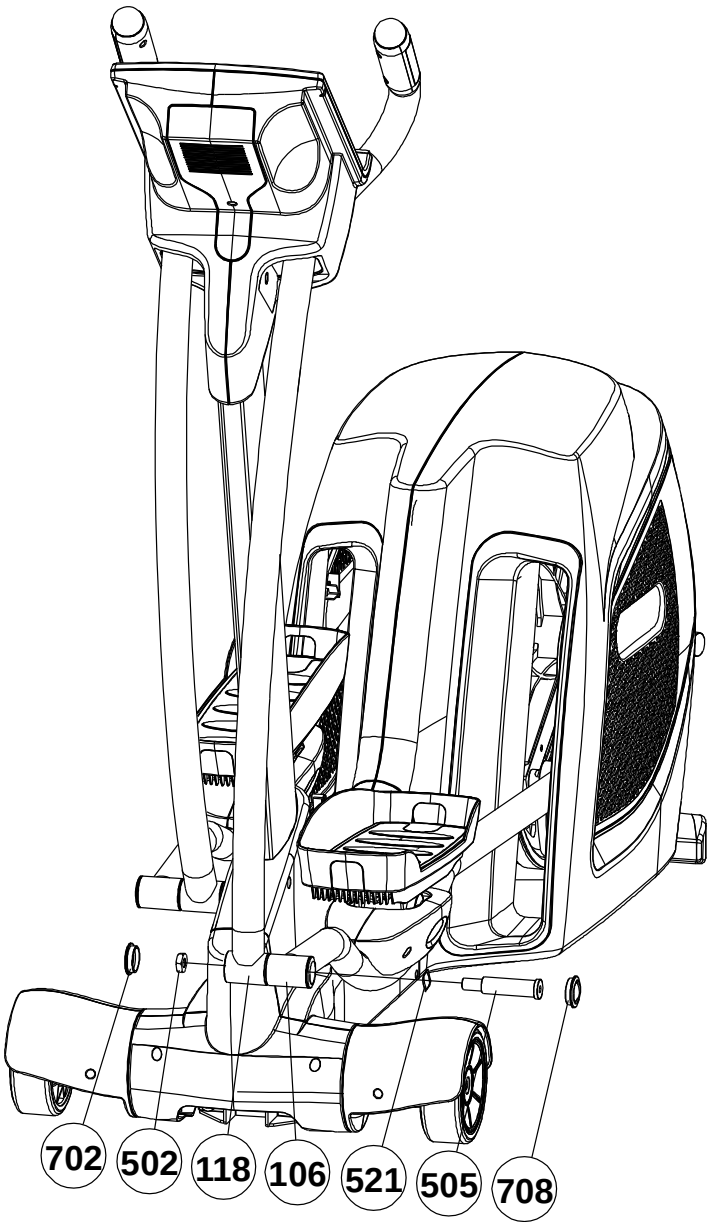
STEP4 ASSEMBLY

STEP4-A



STEP4-B



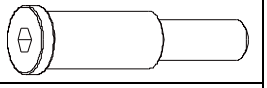
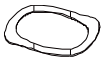
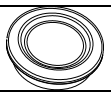


STEP4-A)
Join The Action Arm and Pedal Arm with 20x78–M14x35mm Bolt (505), 20.7 X 29.1 X0.3 Wave Washer (521), M14 Nut (502) by tool of B, C, and E.

PLEASE MAKE SURE IT'S FULLY TIGHTEN, OR IT WILL HAVE NOISE HERE.

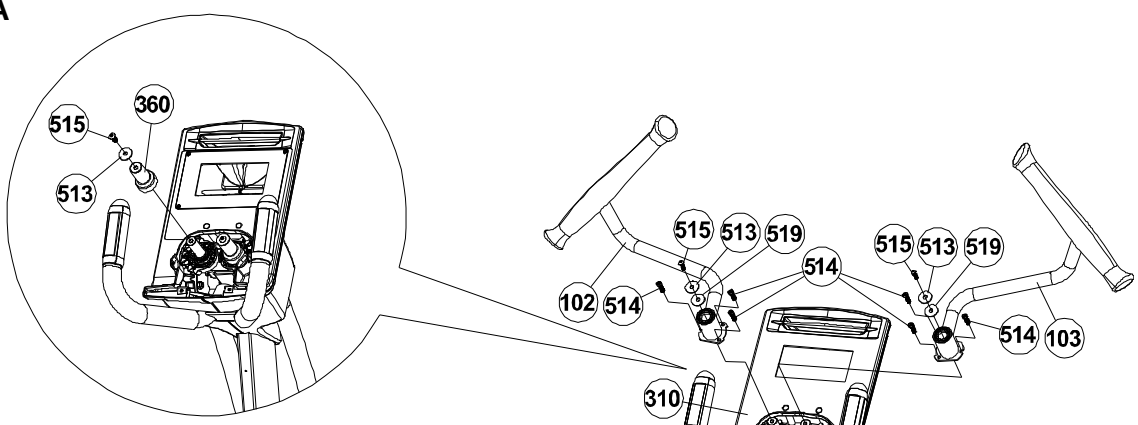
SETP4-B).
Please follow this instruction to install the Pedal Arm Front Pivot Cover – 42mm (708), Pedal Arm Front Pivot Cover – 38mm (702).

According to STEP4, Please repeat to assembly with the Right side.

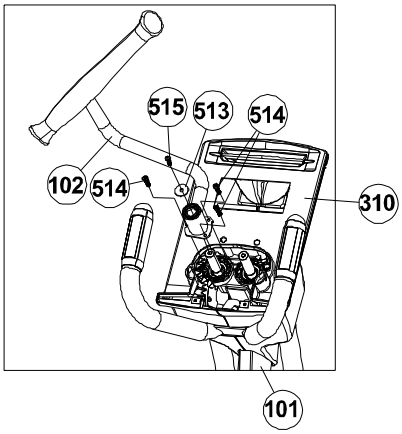
502	**X2**	
505	**X2**	
521	**X2**	
702	**X2**	
708	**X2**	

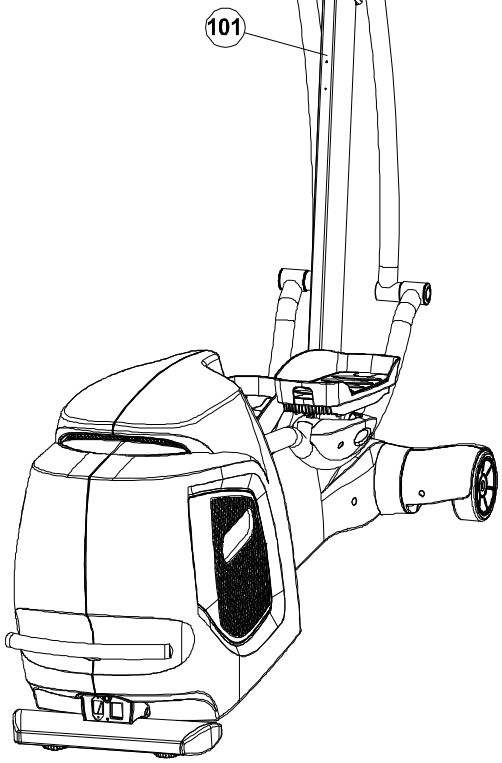
STEP5 ASSEMBLY

STEP5-A

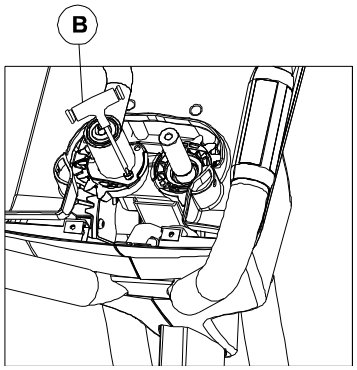


STEP5-B





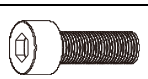
STEP5-C



STEP5-A).
Please remove the Plastic Gear Bushings (360) first, and keep 8x27x2mm Washers (513), M8x20mm Allen Head Bolts (515) for STEP5-B.

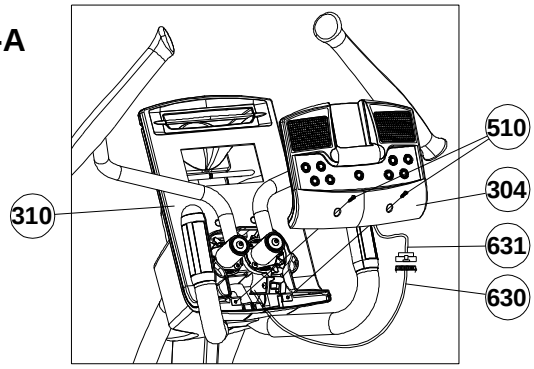
STEP5-B).
Insert the Moving Handlebar, and follow to attach the Plastic Washer (519) and Washer (513). Finally, tighten the Allen Head Bolt (514) to lock the moving handlebar on the console.

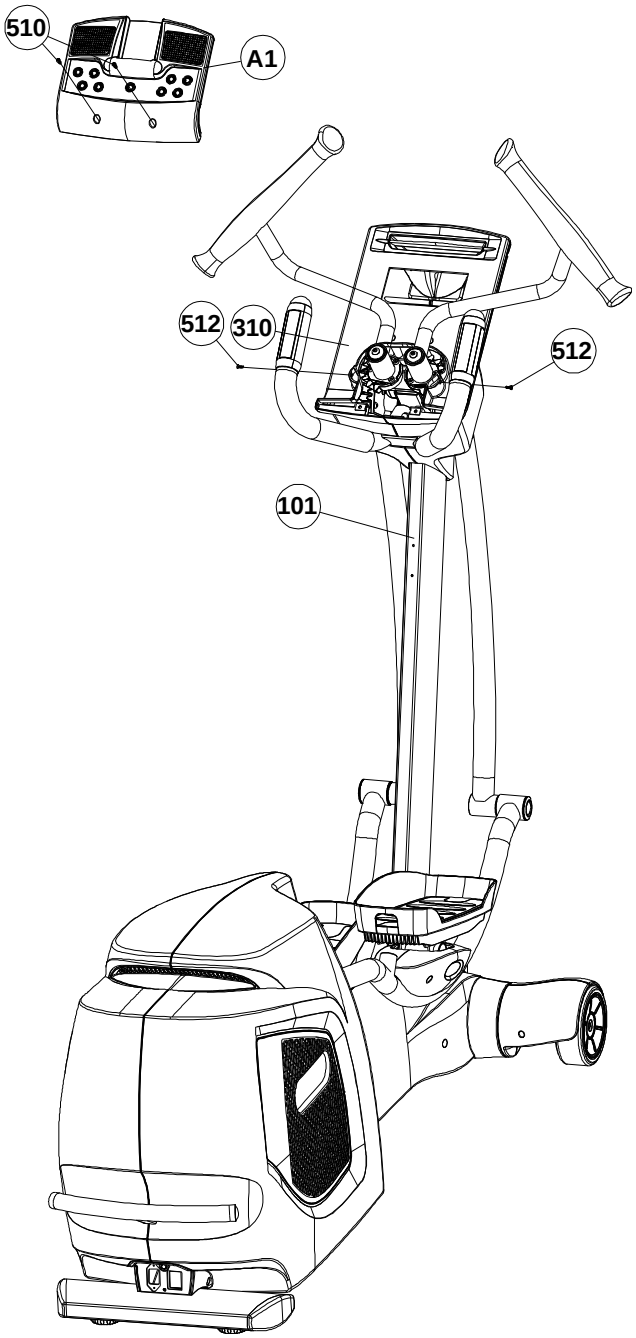
STEP5-C).
Fully tighten the 6X20 Allen Head Bolt (514) by 5mm Allen Key (B).

514	**X6**	

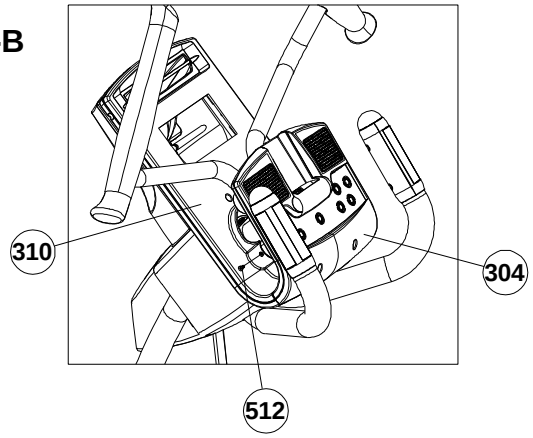
STEP6 ASSEMBLY

STEP6-A





STEP6-B



STEP6-A).
Connects the Button Board Connection Wire – Upper (630) to Button Board Connection Wire – Lower (631).

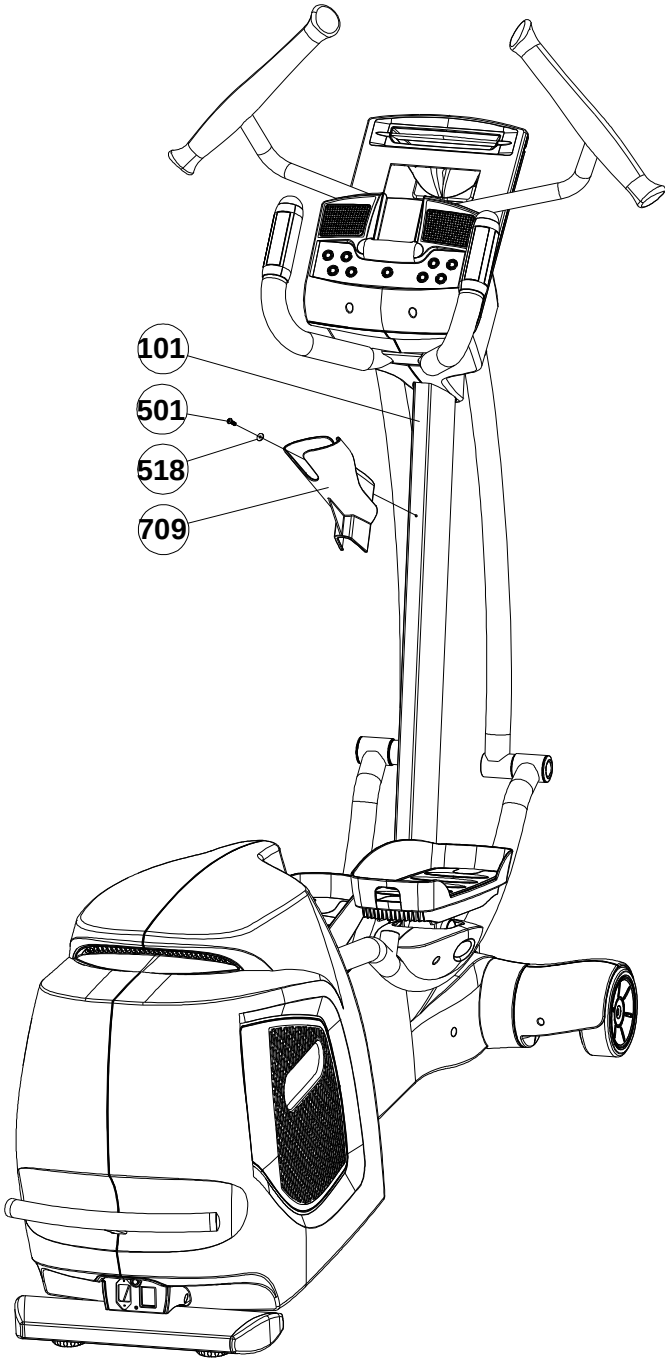
PLEASE PAY ATTENTION OF THE HARNESS, AND DON'T PLUG BACKWARD.

STEP6-B).
Join the Button Panel to Console with (512) (510) Screws.

PLEASE NOTE WITH THOSE THREE DIFFERENT SHAPE OF SCREW, OR IT MAY EASY TO HAVE A BROKEN THREAD BY WRONG USED.

510	**X2**	
512	**X2**	

STEP7 ASSEMBLY



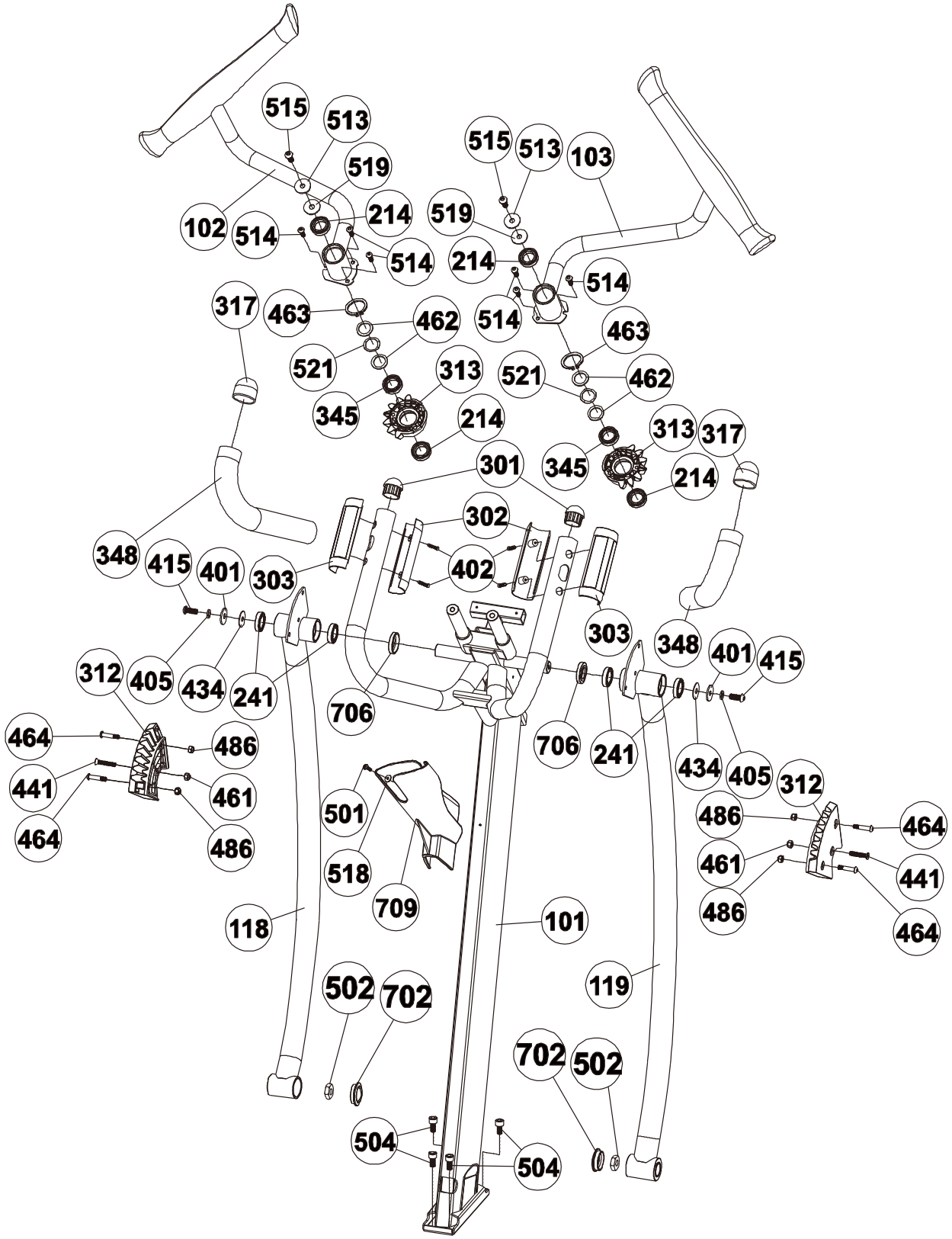
STEP7-A).

Joins the Water Bottle Holder (709) to Console Tube together with the 4x12mm Screw – Cone Point (501), 4x12x1mm Washer (518)

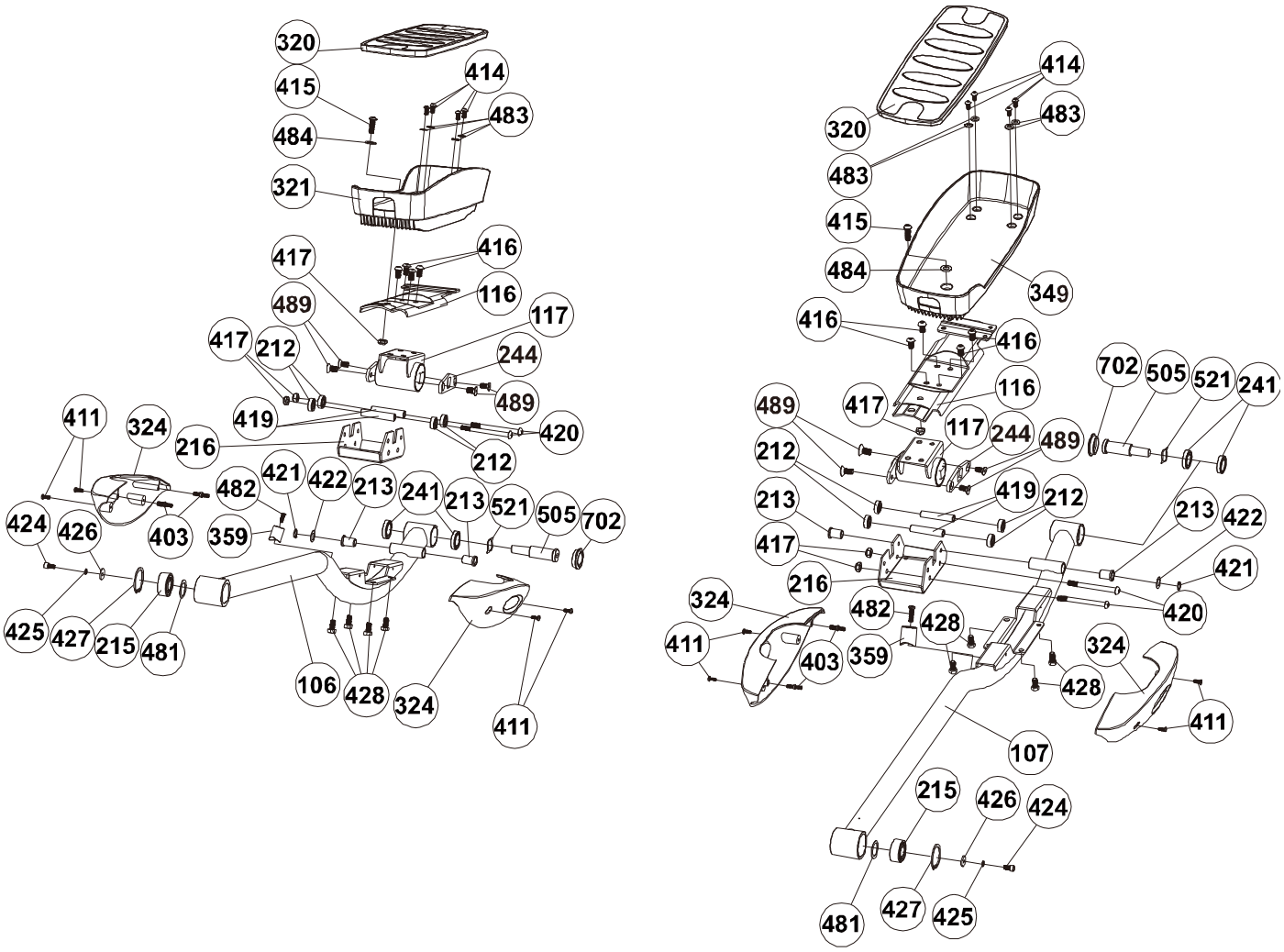
Your Crosstrainer is now fully assembled.

501	**X1**	
518	**X1**	

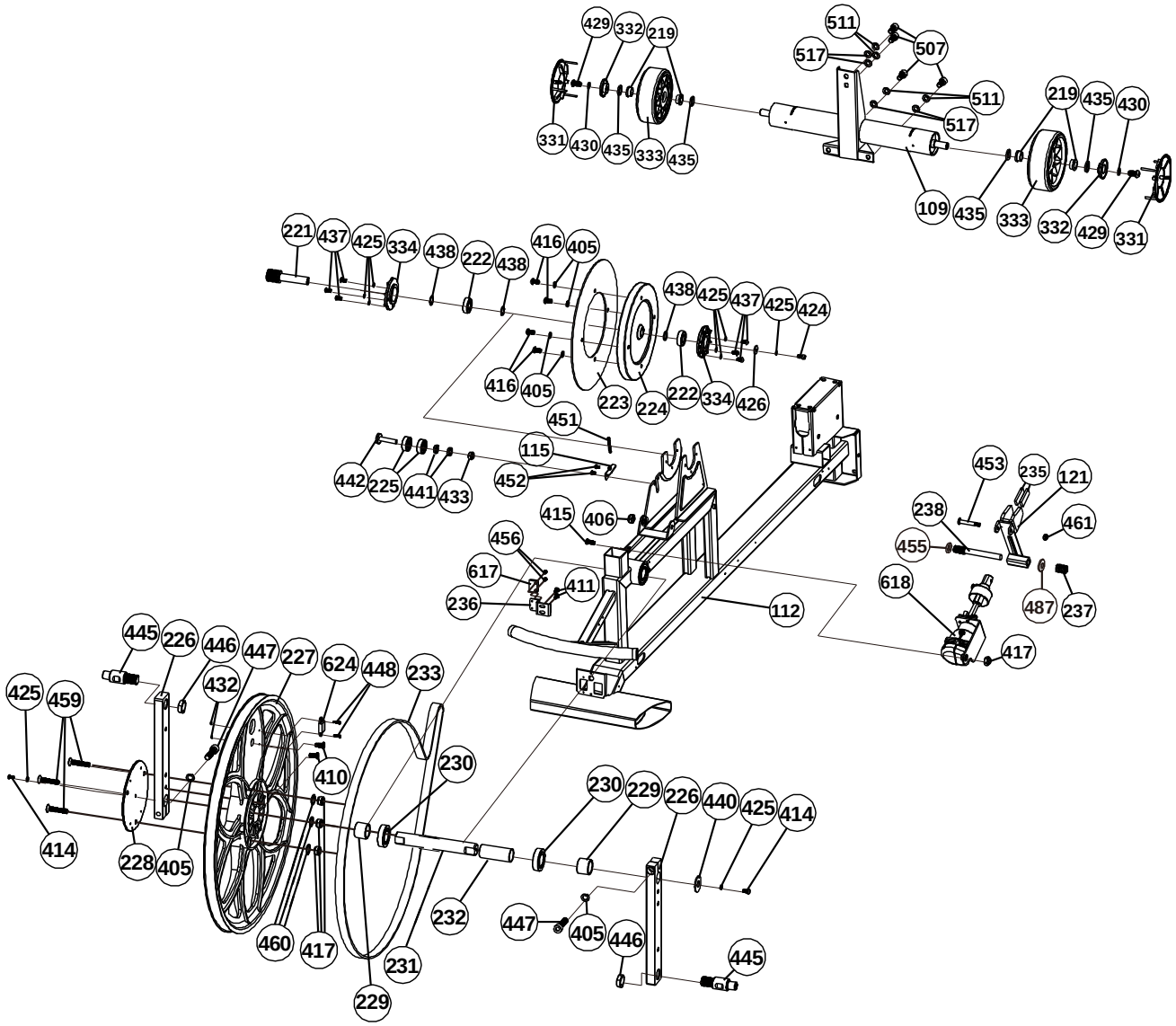
EXPLODED DIAGRAM - 1



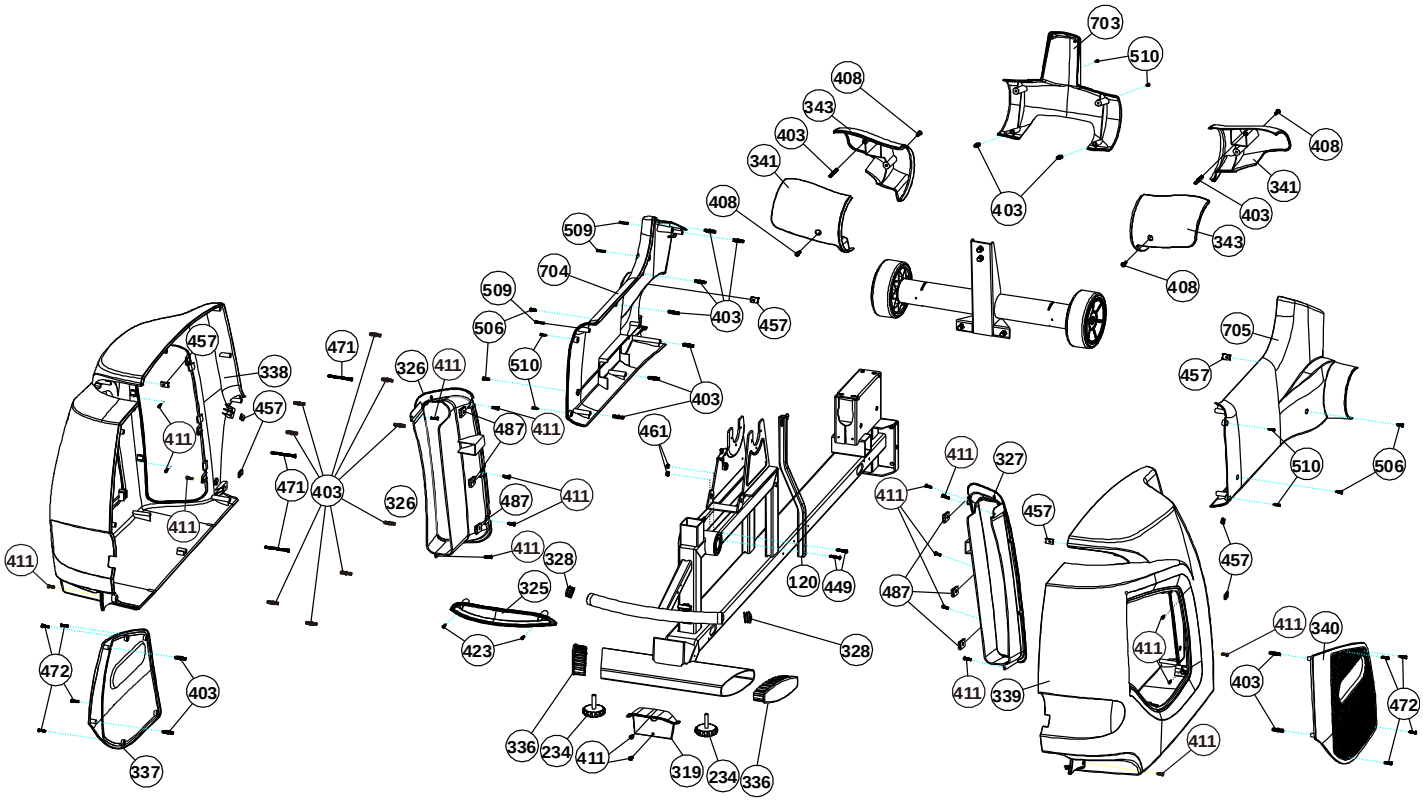
EXPLODED DIAGRAM - 2



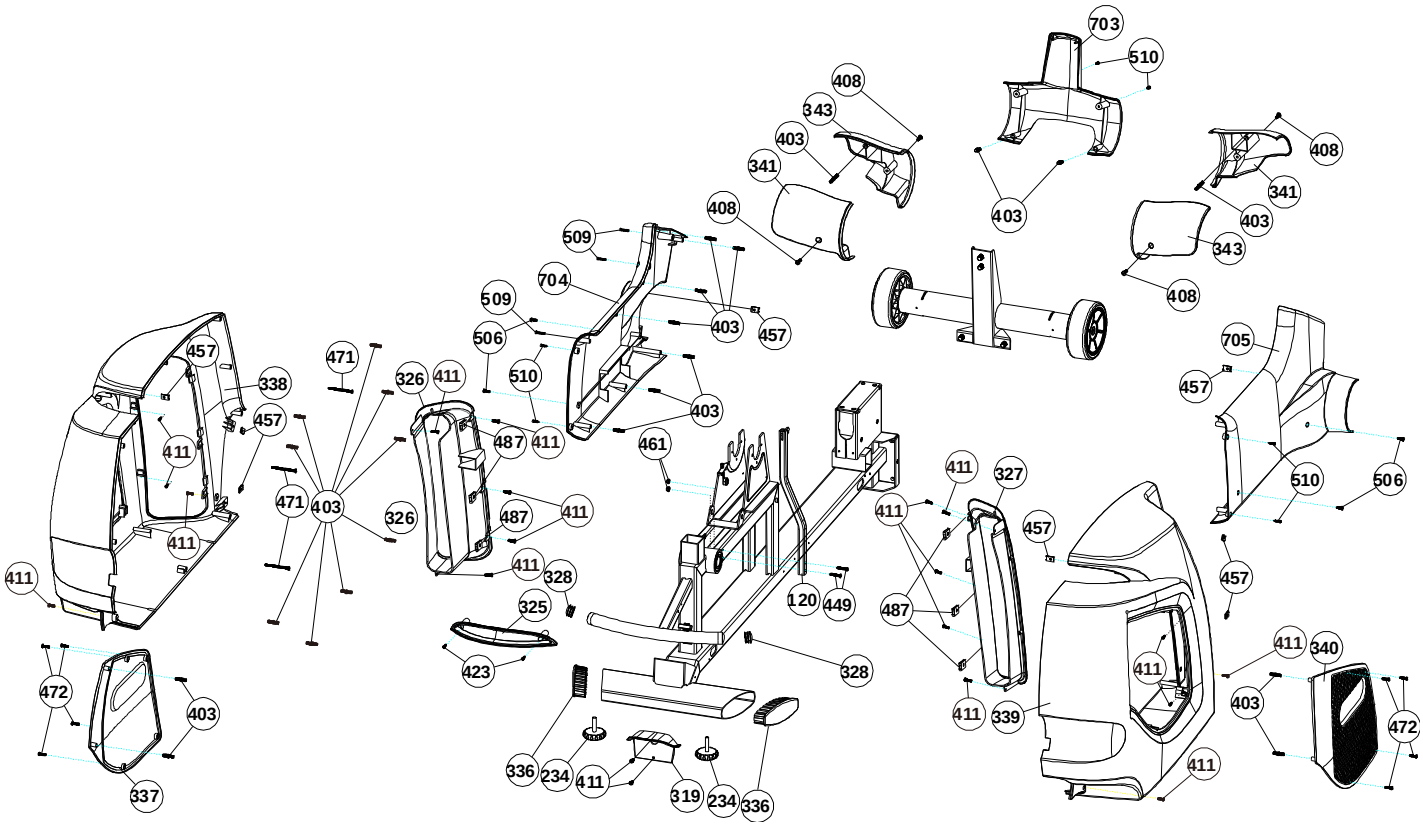
EXPLODED DIAGRAM - 3



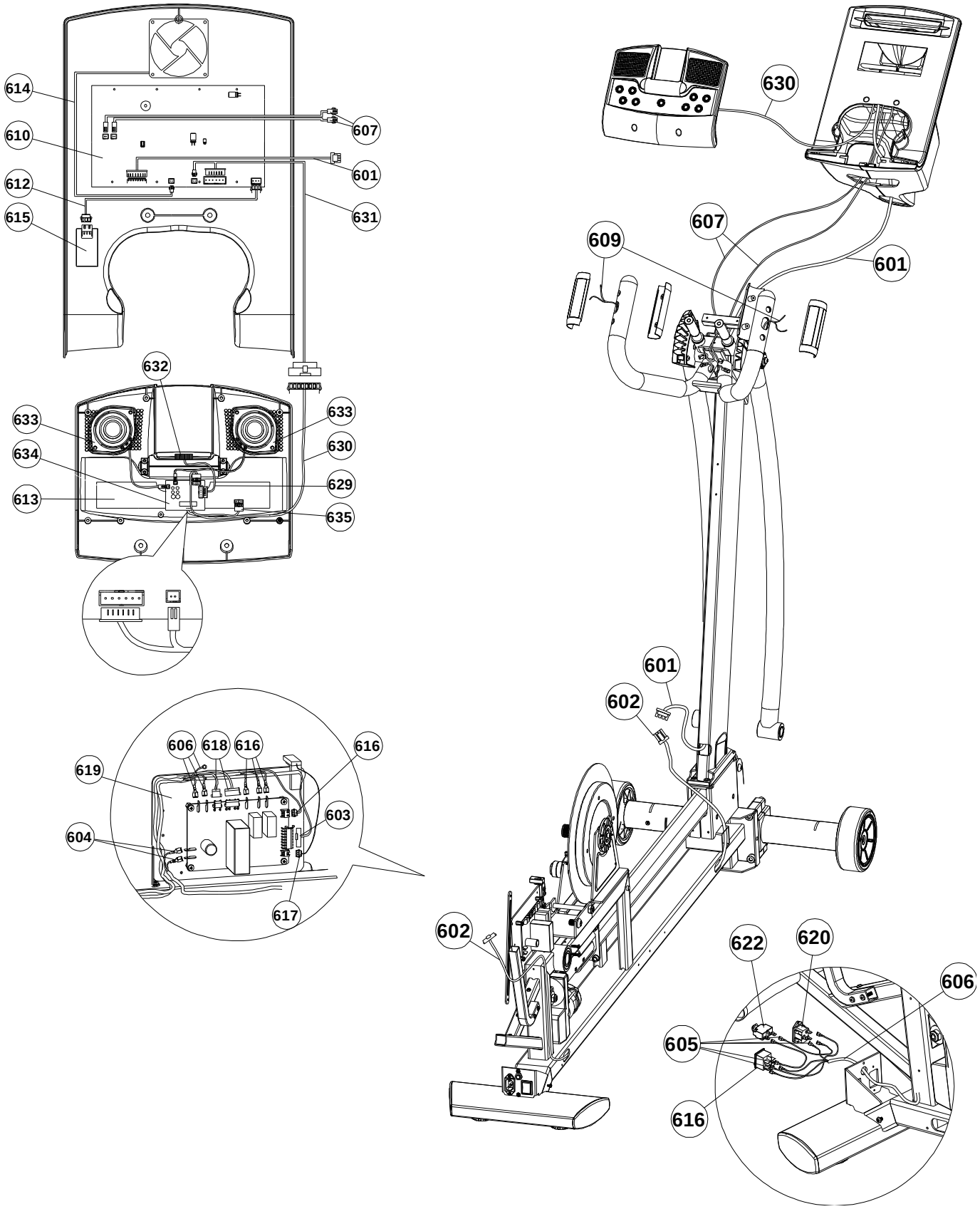
EXPLODED DIAGRAM - 4



EXPLODED DIAGRAM - 5



WIRE DIAGRAM

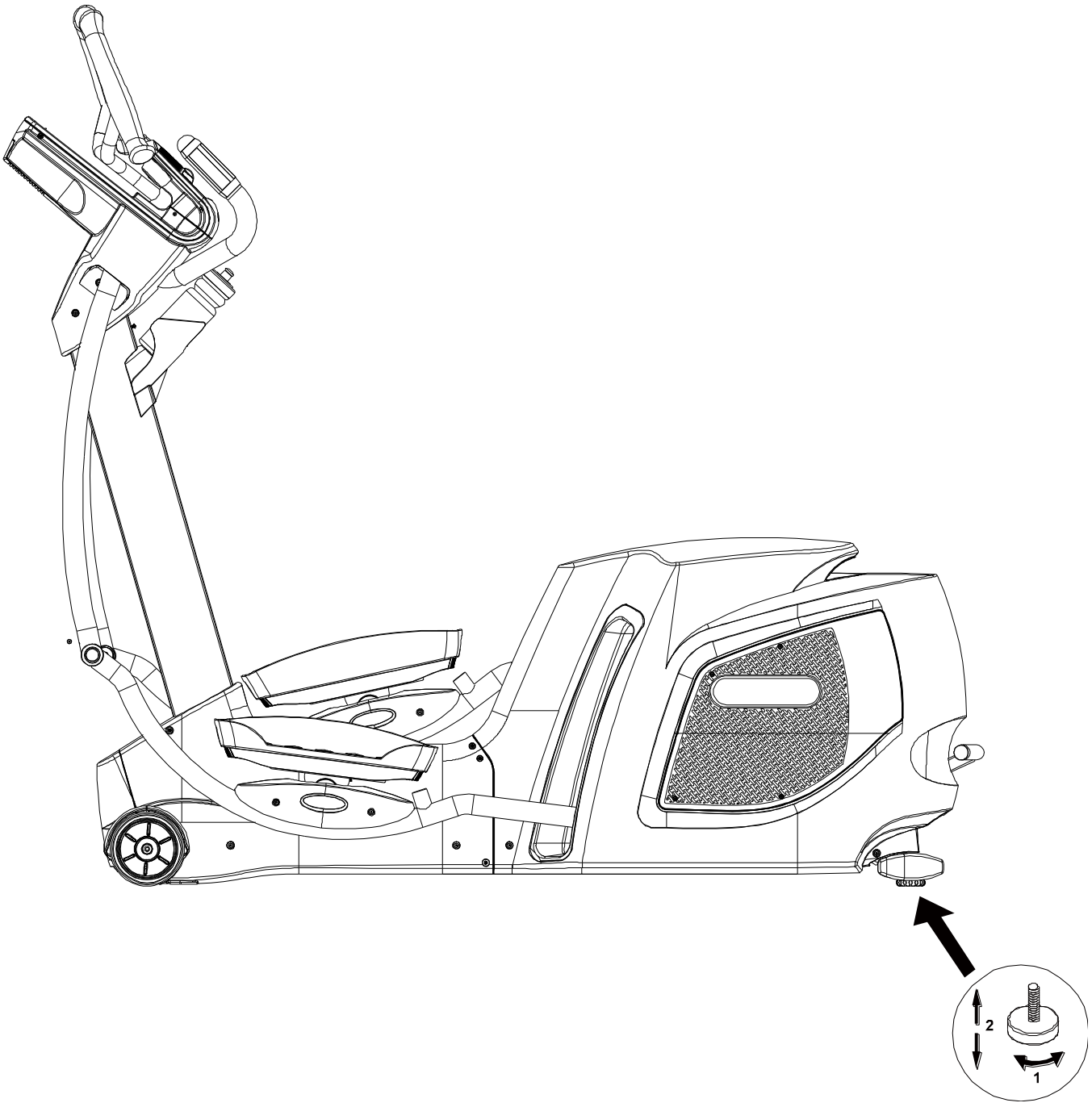


STABILIZER ADJUSTMENT

LEVEL ADJUSTMENT:

To adjust the level of the POMPANO Crosstrainer simply rotate the Level Adjusters clockwise or counter clockwise.

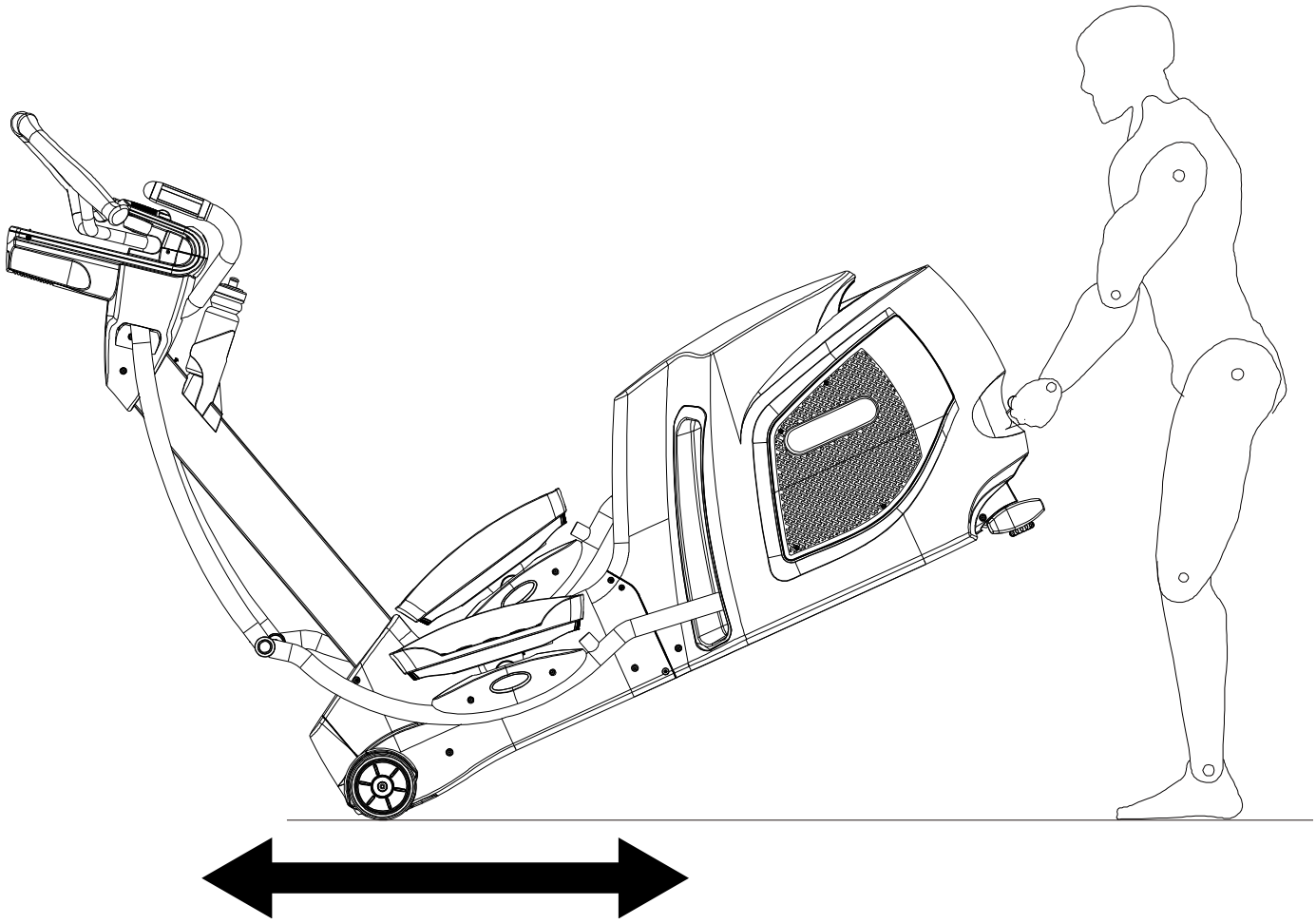
Tilt the Crosstrainer to access stabilizers.



TRANSPORT INSTRUCTIONS

TRANSPORT INSTRUCTIONS:

The casters located on the rear of the unit allow for easy transport. Simply lift the front of the unit until the wheels touch the floor. Then roll the unit to a desired location.



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

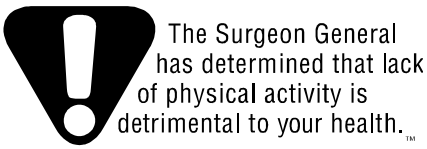
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

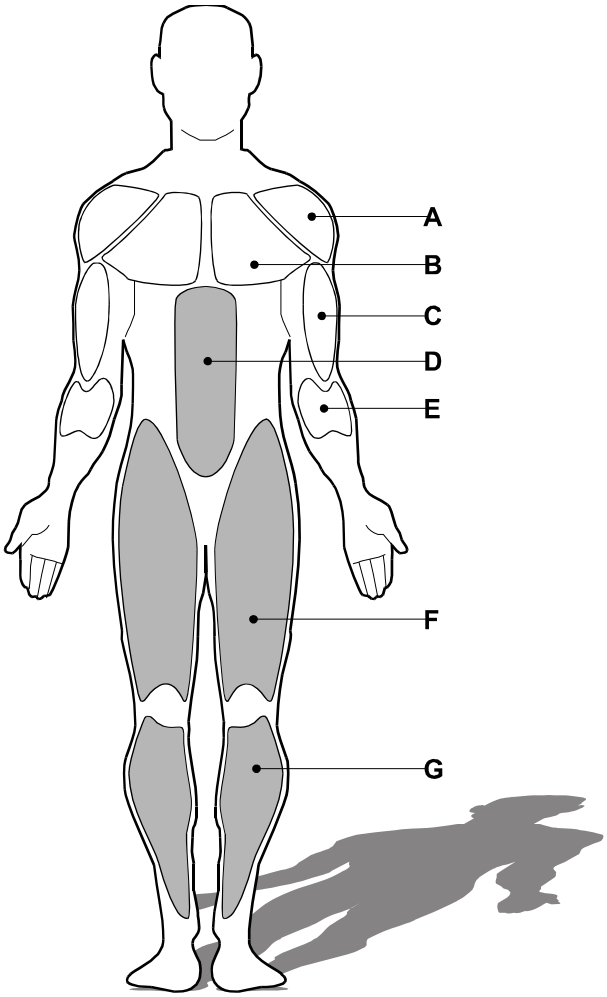
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.

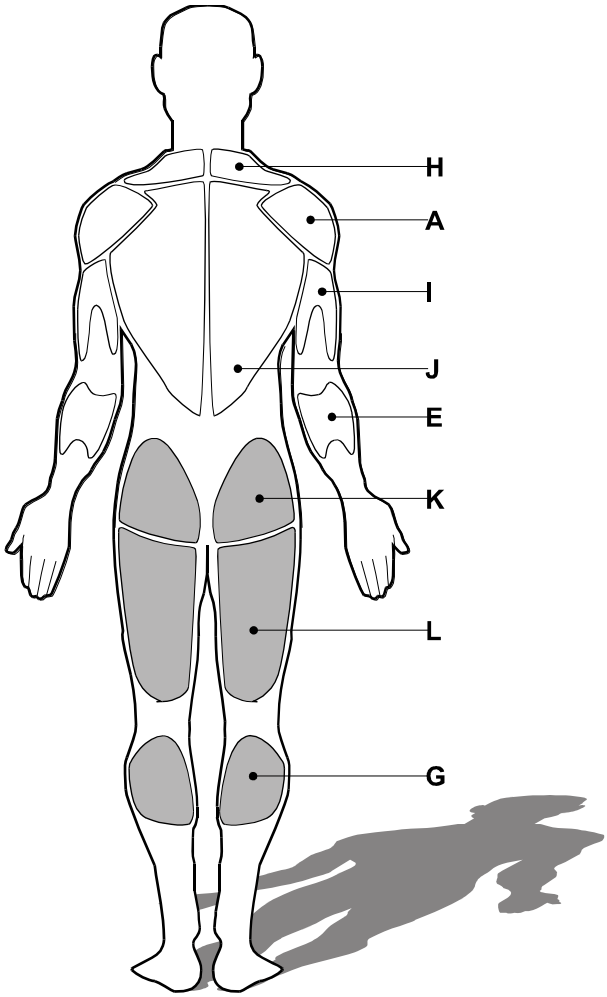


MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.





MUSCLE GROUPS

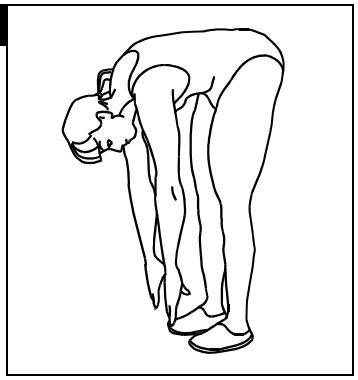
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

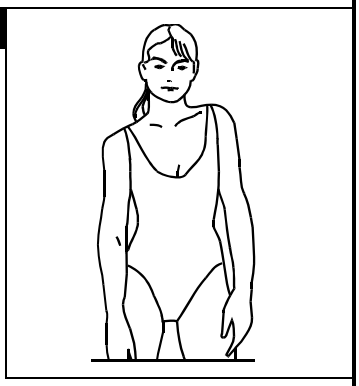
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



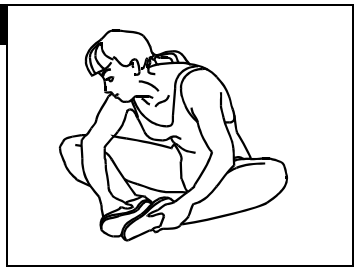
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



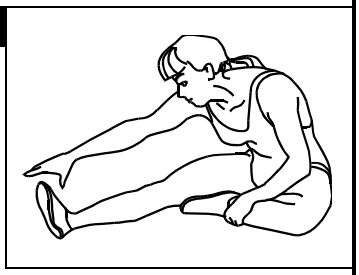
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



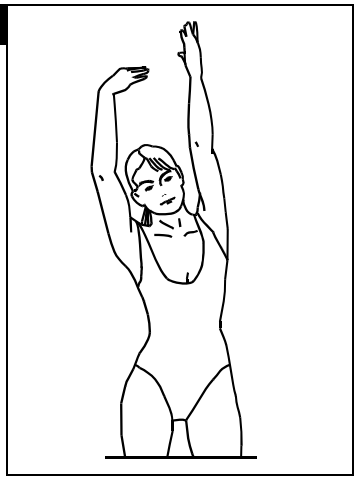
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



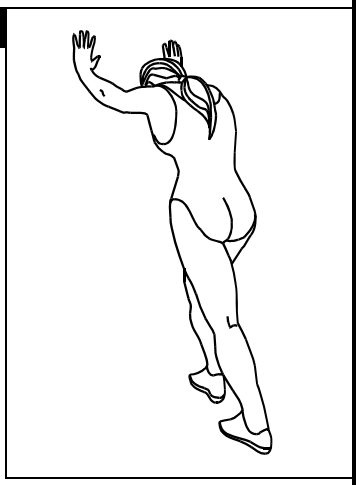
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



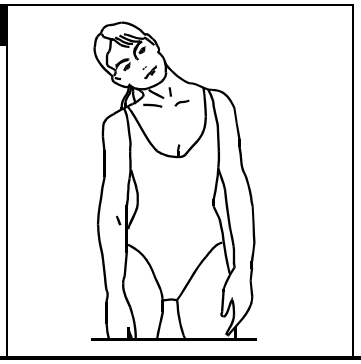
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "POMPANO" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms "you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "POMPANO" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but "no limited" to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "POMPANO" name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame and flywheel magnetic braking system, and five years on all other parts. The labor portion of the warranty is two years from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

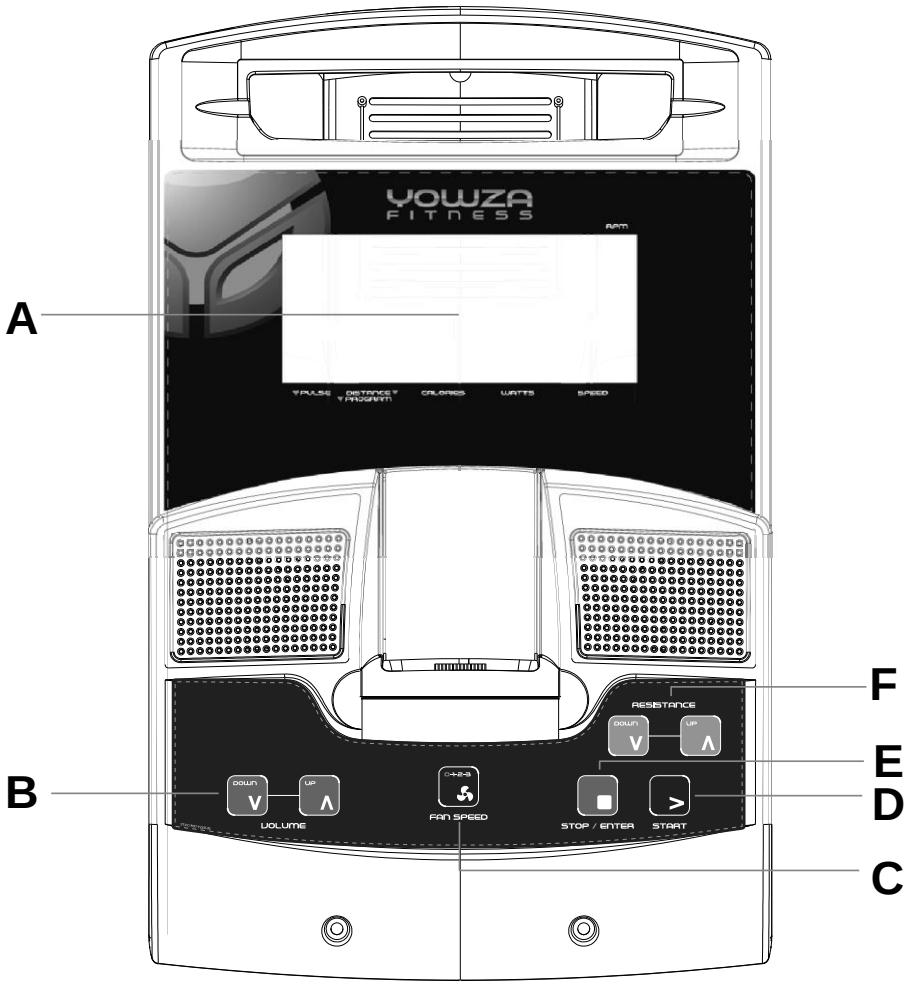
IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION



LCD DISPLAY	A	B	iPod VOL CONTROLS
FAN CONTROL BUTTON	C	D	START BUTTON
STOP/ENTER BUTTON	E	F	RESISTANCE UP/DOWN BUTTON

BUTTONS AND FUNCTIONS

START Button
Press START to begin your exercise.

STOP Button
Press STOP button to pause the functions during your exercise program.
Press STOP button twice the program will return to power on mode.

RESISTANCE UP Button
Press the button to increase the resistance level or set up the program.

RESISTANCE DOWN Button
Press the button to reduce the resistance level or set up the program.

I POD VOL UP Button
Press the button to increase the volume

I POD VOL DOWN Button
Press the button to reduce the volume

COMPUTER OPERATION

POWER ON
After connecting the Adaptor, switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop key twice.

QUICK START
When the computer is in the POWER ON STATUS, press the start button to activate the QUICK START program, the TIME, SPEED, DISTANCE and CALORIES will count up when you start exercising.

SLEEP MODE
The computer will automatically enter SLEEP MODE if left idle for 3 minutes without any input in POWER ON status. When the computer is in SLEEP MODE, press any button or pedal and the machine will return to POWER ON status. You can turn SLEEP MODE off but the console will be drawing power indefinitely if it plugged in to keep the LCD lit. To turn SLEEP MODE off, get the console to POWER ON status then press RESISTANCE UP/DOWN and STOP/ENTER three buttons on the computer and hold them for 3 seconds. The computer will sound one short beep and *"Sr 1"* blinking. Press START button to enter conversion SLEEP MODE function. After Press the START button the computer will display either *"On"* or *"Off"* blinking then press RESISTANCE UP/DOWN button to switch between *"On"* and *"Off"* then press STOP/ENTER button twice to return to the POWER ON status.

PAUSE/STOP:
During the workout, press STOP button or STOP pedaling for 30 seconds to enter PAUSE status. The RESISTANCE LEVEL Dot Matrix display will show *"PAUSE"*. All figures on the console will be frozen. Press the START button or start pedaling to resume the program and all the display will continue the performance until the program finishes. If you leave the pedal stopped for over 3 minutes or press the STOP button, all the data will return to 0 and the computer will return to POWER ON status.

ENGLISH/METRIC CONVERSION:
The Crosstrainer computer display can show ENGLISH and METRIC information. Computer display *"MPH"* is ENGLISH status and display *"KM/H"* is METRIC status. The factory should have the proper setting on this for different markets. In case that the Crosstrainer needs to be converted between METRIC and ENGLISH readout, please follow the procedure as below:

1. Set the POWER SWITCH to ON. Then press RESISTANCE UP/DOWN and STOP/ENTER three buttons on the computer and hold them for 3 seconds. The computer will sound one short beep and *"Sr 1"* blinking. Press RESISTANCE UP/DOWN button to select display *"Sr 2"* blinking then press START button to enter conversion METRIC/ENGLISH function.
2. After Press the START button the computer will display either "*KM/H*" or "*MPH*" blinking then press RESISTANCE UP/DOWN button to switch between *"KM/H"* and *"MPH"* then press STOP/ENTER button twice return to the POWER ON status.

Main Individual custom program
Press the START button again to begin the exercise program. The LCD display will show the INTENSITY WATT and TIME status as the user set it. Press RESISTANCE UP/DOWN to adjust the resistance. The target time of the program will count down from the preset. The DISTANCE, CALORIES display will count up from 0. To pause the program while exercising, press the STOP/ENTER button. To quit the program, press the STOP/ENTER button twice. At the end of the program when the target has been achieved, the computer will beep then return POWER ON status.

Heart Rate Operation

The Sanibel comes with EKG hand pulse sensors which can be found on the handlebars. To operate pulse rate function, place the palms of your hands over the sensors. It will take a few seconds for your pulse rate to be displayed on the console. To keep monitoring, keep gripping the sensors, if the readings are intermittent you may not have full contact with the sensors or not enough of your palm on the sensor. Remove your hand and place it over the sensor again.

COMPUTER OPERATION

ROGRAM OPERATION INSTRUCTION:
At POWER ON status, press STOP/ENTER button to enter preset PROGRAM MODE and to set user parameters.

SET UP USER CODE:
At first, the LCD will show a blinking U1, and will also display only factory default setting values for user HEIGHT, WEIGHT, AGE and GENDER. Press the RESISTANCE UP/DOWN buttons to choose the User ID from U1 to U9 and press the STOP/ENTER buttons to assign the user ID shown.

HEIGHT set up – After the User ID set up procedure, the computer will display the default "170(cm)/67" or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user height information then press STOP/ENTER to confirm.

WEIGHT set up – After the User HEIGHT confirmation procedure, the computer will display the default "68(kg)/150(lbs) or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user weight information then press STOP/ENTER to confirm.

AGE set up – After the WEIGHT set up procedure, the computer will display the default "35" or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user age information then press STOP/ENTER to confirm.

GENDER set up – After the AGE set up procedure, the computer will display the default "man" or previous setting and begin blinking. Press the RESISTANCE UP/DOWN button to adjust the user gender then press STOP/ENTER to confirm.

PROGRAM 1 – TARGET TIME
After selecting this program, the TIME display shows the factory default setting "32:00". Press RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm. Press START button to start the target time program. Time counts down to 0, Distance and Calories count up. Press RESISTANCE UP/DOWN to adjust the resistance.

PROGRAM 2 – TARGET DISTANCE
After selecting this program, the DISTANCE display shows factory default setting 3.2mph or 5.0km/h. Press RESISTANCE UP/DOWN button to adjust the target distance and press STOP/ENTER to confirm. Press START button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press RESISTANCE UP/DOWN to adjust the resistance.

PROGRAM 3 – TARGET CALORIES
After selecting this program, the CALORIES display shows factory default setting "50". Press RESISTANCE UP/DOWN button to adjust the target calories and press STOPE/ENTER to confirm. Press START button to start the target calories program. Calories counts down to 0, Time and Distance count up. Press RESISTANCE UP/DOWN to adjust the resistance.

PROGRAM 4 – FAT BURNING
After selecting this program, the TIME display shows factory default setting "16:00". Press RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm. Press START button to start the FAT BURNING program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set RESISTANCE. Press RESISTANCE UP/DOWN to adjust the resistance.

Fat Burning Program provides 1 to 16 one minute segments.

TIME/zone	**1st Segment**	**2nd Segment**	**3rd Segment**	**4th Segment**	**5th Segment**	.....	**13th Segment**	**14th Segment**	**15th Segment**	**16th Segment**
RESISTANCE/Level	L1	L3	L7	L9	L9	.....	L9	L7	L3	L1
Level	1	1	1	1	1	.....	1	1	1	1

PROGRAM 5 – INTERVAL INTENSITY
After selecting this program, the TIME display shows "L1". This indicates the intensity level for the intervals. Use the RESISTANCE UP/DOWN buttons to change the intensity then press STOP/ENTER button to enter to confirm. TIME display shows factory default setting "32:00". Press RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm. Press START button to start the INTERVAL INTENSITY program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press RESISTANCE UP/DOWN to adjust the resistance.

COMPUTER OPERATION

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments

TIME /zone / INTENSITY /level LEVEL	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment	6th Segment	7th Segment	8th Segment
L1	L1	L9	L9	L1	L1	L9	L9	L1
L2	L2	L10	L10	L2	L2	L10	L10	L2
L3	L3	L11	L11	L3	L3	L11	L11	L3
L4	L4	L12	L12	L4	L4	L12	L12	L4
L5	L5	L13	L13	L5	L5	L13	L13	L5
L6	L6	L14	L14	L6	L6	L14	L14	L6
L7	L7	L15	L15	L7	L7	L15	L15	L7
L8	L8	L16	L16	L8	L8	L16	L16	L8

PROGRAM 6 – RANDOM

After the user has selected “P6- RANDOM program”, The TIME will show the workout time setting of “32:00”, Press the RESISTANCE UP /DOWN button to adjust workout time, Then press the STOP/ENTER button to confirm. Press the START button to begin the exercise program. This program consists of 16 segments if the time entered exceeds 16 minutes the time is averaged over the 16 segments. The resistance display will show “1”. To increase or decrease the resistance while exercise, press the RESISTANCE UP/DOWN button. The target time will count down, the DISTANCE and CALORIES will count up from 0.

To pause the program while exercising, press the STOP/ENTER button, To quit out the program, press the STOP/ENTER button twice. At the end of the program when the target has been achieved, the computer will beep.

PROGRAM 7 – ENDURANCE

After selecting this program, the TIME display shows “L1”. Press RESISTANCE UP/DOWN button to adjust the workout level and press STOP/ENTER to confirm. TIME display shows factory default setting “32:00”. Press RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm. Press START button to start the ENDURANCE program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set RESISTANCE profile. Press RESISTANCE UP/DOWN to adjust the resistance.

This program has a maximum of 16 segments. If the program length exceeds 16 minutes the time entered will average out over 16 segments.

TIME /zone / INTENSITY /level LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
L1	L1	L1	L3	L3	L4	L4	L5	L5	L6	L6	L7	L7	L9	L9	L1	L1
L2	L2	L2	L4	L4	L5	L5	L6	L6	L7	L7	L8	L8	L10	L10	L2	L2
L3	L3	L3	L5	L5	L6	L6	L7	L7	L8	L8	L9	L9	L11	L11	L3	L3
L4	L4	L4	L6	L6	L7	L7	L8	L8	L9	L9	L10	L10	L12	L12	L4	L4
L5	L5	L5	L7	L7	L8	L8	L9	L9	L10	L10	L11	L11	L13	L13	L5	L5
L6	L6	L6	L8	L8	L9	L9	L10	L10	L11	L11	L12	L12	L14	L14	L6	L6
L7	L7	L7	L9	L9	L10	L10	L11	L11	L12	L12	L13	L13	L15	L15	L7	L7
L8	L8	L8	L10	L10	L11	L11	L12	L12	L13	L13	L14	L14	L16	L16	L8	L8

COMPUTER OPERATION

PROGRAM 8 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the resistance as the user changes their stride cadence (RPM). The intensity will be reduced when user increases RPM and the RESISTANCE will be increased when the user decreases the RPM. After selecting this program press STOP/ENTER to continue the set up procedure. WATTS display shows factory default setting "110". Press RESISTANCE UP/DOWN button to adjust the target Watts and press STOP/ENTER to adjust TIME. TIME display shows factory default setting "16:00". Press RESISTANCE UP/DOWN button to adjust the target Time and press STOP/ENTER to confirm. Press START button to start the WATTS program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set INTENSITY profile. Press RESISTANCE UP/DOWN to adjust the resistance.

PROGRAM 9 – TARGET HEART RATE CONTROL PROGRAM

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program. The equipment provides a standard contact handgrip on the moving handle bar to sense the user heart beat during the workout. The user must hold the contact handgrips on the moving handle bar constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program.

IMPORTANT: The console software will calculate the user's SAFE MAXIMUM HEART RATE based on the formula: (220pbm-AGE). User's are encouraged to consult with a doctor or personal Training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to work out safely.

PULSE display shows the calculated TARGET HEART RATE based on the user age setting from the above step. The TARGET HEART RATE = 85% MAXIMUM SAFE HEART RATE. Press RESISTANCE UP/DOWN button to adjust the target heart rate then press the STOP/ENTER bottom to confirm.
After adjust the TARGET HEART RATE, the TIME display shows factory default setting "32:00". Press RESISTANCE UP/DOWN button to adjust the target time and press STOP/ENTER to confirm.
Press the START button to start the 3 minute WARM UP. The purpose of warm up program is to bring the user's heart rate to 65% of the MAXIMUM SAFE HEART RATE. Time counts down from "3.00" to "0:00". Intensity Level Profile displays "WARM UP" 3 times.
During the WARM UP, if the actual heart rate is less than 65% of the user's MAXIMUM SAFE HEART RATE, the intensity level will be increased by 1 level every 30 seconds. If the actual heart rate reaches 65% MAXIMUM SAFE HEART RATE twice within the warm up, the HEART RATE CONTROL program will start after finished 3minute WARM UP.
If user's actual hear rate fails to reach 65% of MAXIMUM SAFE HEART RATE during the warm up, the user will be placed into a 2nd or 3rd (if necessary) 3 minute warm up program. If user's actual heart rate fails to reach 65% of the MAXIMUM SAFE HEART RATE after the 3rd 3 warm up program, the INTENSITY LEVEL PROFILE dot matrix will display "FAIL" then return to POWER ON status in 10 seconds.

Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the motion level and intensity level to keep the users at the TARGET HEART RATE. If the user is consistently below the TARGET HEART RATE, the MOTION LEVEL will increase 1 level every 30 seconds until reach LEVEL 12 and then the INTENSITY LEVEL will increase 1 level every 30 seconds. If the user reaches and exceeds the TARGET HEART RATE, the MOTION LEVEL will decrease 1 level every 30 seconds until level 1 and then the INTENSITY LEVEL will decrease 1 level every 30 seconds. The program will continue until the time runs out. If the user's
heart rate continues to exceed the TARGET HEART RATE for 3 minutes, or the time counts down to "0:00", the heart rate control program will stop and start the 1 minute COOL DOWN function. Time counts down from "1:00" and RESISTANCE LEVEL at level 1.

P10: CUSTOMER COURSE

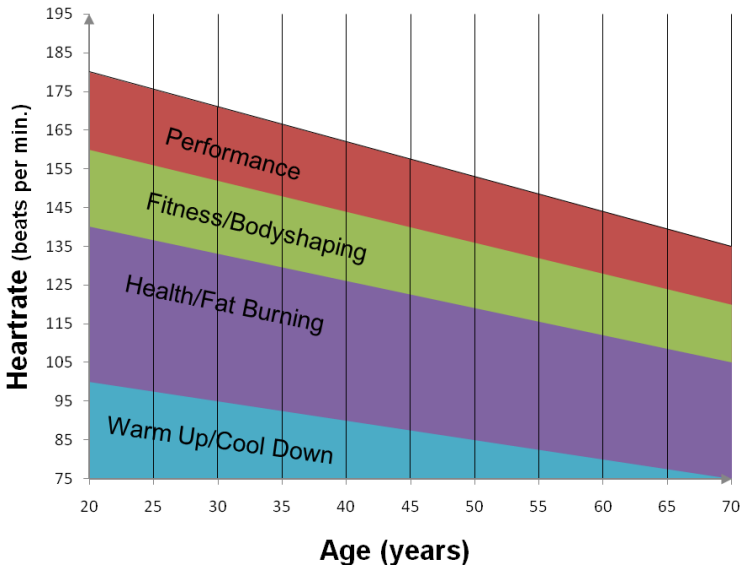
When the user selects P10 CUSTOM program and press's STOP/ENTER button, C1 will display and flash on the LCD. The program can allow user to create 5 individual custom programs and store the settings for repeated workouts. To select the program from C1 to C5, press the RESISTANCE UP/DOWN button. Press STOP/ENTER button and hold it for 3 seconds to confirm the selection and then continues to set up. When the user selects one custom program and enter to set up, the user comes into the INTENSITY, WATT, and TIME setting mode. In the display the first minute is flashing. Use RESISTANCE UP/DOWN button to adjust the INTENSITY and WATTs. Then press the STOP/ENTER button to reserve the setting and continue to next minute setting of the program, etc. After setting up above item, press the STOP/ENTER button and hold it for 3 seconds to confirm ,and then press START button to activate status. The maximum workout time of each user program is 60 minutes.

COMPUTER OPERATION

Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.
It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.
The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram



You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning: **50 – 70% of your max. heartrate**
Fitness/Bodyshaping: **70 – 80% of your max. heartrate**
Performance: **80 - 90% of your max. heartrate**

Example:
You are 25 years old and want to train for the target Fitness:
220 – 25 = 195
70% of 195 = 136,5
80% of 195 = 156
Your target-heartrate should be between 136,5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.